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Palin's daughter, 17, pregnant

ANNOUNCEMENT John McCain's running mate Sarah Palin said yesterday her 17-year-old unmarried daughter is five months pregnant,



Sarah Palin

an announcement campaign aides said was aimed at rebutting Internet rumours that Palin's youngest son, born in April, was actually her daughter's.

A statement released by the campaign said Bristol Palin will keep her baby and marry the child's father. The disclosure of the pregnancy came three days after McCain named Palin as his running mate.

THE ASSOCIATED PRESS

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Finding the best for TIFF

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A car sits partially submerged yesterday in the storm surge generated by hurricane Gustav at the Ken Combs Pier in Gulfport, Miss. Gustav didn't materialize into the devastating hurricane forecasters were predicting.

Gustav loses steam

'This was nothing,' New Orleans security worker says

A weaker-than-expected hurricane Gustav swirled into the fishing villages and oil-and-gas towns of Louisiana's Cajun country yesterday, delivering only a glancing blow to New Orleans that did little more than send water sloshing harmlessly over its rebuilt floodwalls.

It was the first test of New Orleans' new and improved levees, which are still being rebuilt three years after hurricane Katrina. And it was a powerful demonstration of how federal, state and local officials learned some of the painful lessons of the catastrophic 2005 storm that killed 1,600 people.

Weaker category

• Forecasters had feared a catastrophic Category 4 storm on the 1-to-5 scale, but Gustav weakened as it drew close to land, coming ashore

"They made a much bigger deal out of it, bigger than it needed to be," 31-year-old security worker Gabriel Knight said in New Orleans' nearly empty French Quarter.

"I was here with Katrina. That was a nightmare.

"This was nothing." That did not mean the state came through the storm unscathed. A levee in the southeastern part of

as a Category 2 with 177-kilometre-per-hour winds. It quickly dropped to a Category 1 as it steamed inland toward Texas.

Louisiana was in danger of collapse and officials scrambled to fortify it. Roofs were torn from homes, trees toppled and roads flooded. A ferry sank. More than one million homes were without power. And the extent of any damage to the oil-and-gas industry was unclear.

But the biggest fear — that the levees surrounding the saucer-shaped New

Orleans would break — hadn't been realized.

Wind-driven water sloshed over the top of the Industrial Canal's floodwall — the same structure that broke with disastrous consequences during Katrina — and several Ninth Ward streets close by were flooded with ankle-to-knee-deep water. Still, city officials and the Army Corps of Engineers expressed confidence the levees would hold.

Authorities reported seven deaths related to the storm, all traffic fatalities, including four people killed in Georgia when their car struck a tree.

THE ASSOCIATED PRESS

PM set to launch election

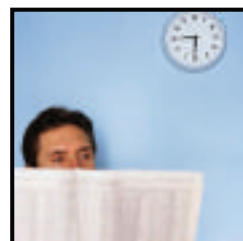
At the end of this week Prime Minister Stephen Harper will visit Rideau Hall, ask the Governor General to dissolve Parliament, and hit the campaign trail for a federal election on Oct. 14.

Senior government

sources say the prime minister will declare that after having met with all three opposition leaders he believes his minority Conservatives no longer have the confidence of Parliament.

Pending the approval of Gov. Gen. Michaëlle Jean, Canada's 39th Parliament will be dissolved and party leaders will immediately board campaign buses, dash to airports, and hit the hustings. "It will happen between (September) 5th and the 7th," a senior government source told The Canadian Press. "There will be an election kickoff between Friday and Sunday." The timing means the election call will not disrupt the Liberals' three-day caucus retreat in Winnipeg, which starts today.

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Man arrested after stolen cars uncovered

York Region police have arrested a 45-year-old man after an anonymous tip led them to a cache of stolen vehicles at a storage lot on Woodbine Avenue, south of Elgin Mills Road. They seized 17 vehicles and a variety of car parts.

TORSTAR NEWS SERVICES

Local

**Farm of tires**

As many as 70,000 discarded car tires may lie buried in two ravines on a picturesque century-old farm on the Oak Ridges Moraine, according to a 1999 estimate, says a Ministry of Environment spokesperson. The tires have been accumulating on the family farm since hurricane Hazel in 1954 through the 1970s, to shore up ravine walls. Complaints have prompted the Town of Uxbridge to investigate.

TORSTAR NEWS SERVICE

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Tomorrow's Metro**TIFF buzz**

Overview of films creating a buzz at the Toronto International Film Festival, including Rachel Getting Married, starring Anne Hathaway.

metronews.ca

What's online today.

Watch an update on the listeriosis outbreak

Read Allan Small's Investment Perspective on why bonds are a safe and opportunistic investment when the markets are down

Check highlights and pictures from Seattle's annual Bumbershoot music and arts festival.

Search for jobs using Metro's Workopolis search.

Play online Crosswords!

Lotteries

Friday, Aug. 29

Lotto Super 7 1, 3, 16, 18, 22, 28 & 43. Bonus 8

Saturday, Aug. 30

Lotto 6/49 2, 26, 29, 36, 37 & 45. Bonus 31

Monday, Sept. 1

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Daily Keno 5, 9, 11, 13, 16, 30, 31, 33, 35, 36,

37, 43, 44, 51, 52, 53, 58, 63, 67, 68

These results are not official.



City facing worker crunch, report says

40% firefighters, tradespeople due to retire by 2015

Faced with a looming spike in the numbers of civic workers due to retire, the City of Toronto must do a better job of attracting new employees and retaining current ones, a new report says.

Almost one-quarter of the municipal workforce is eligible to retire over the next seven years. In some jobs, the exodus could be higher: About 40 per cent of firefighters and tradespeople, and 55 per cent of

"Despite what many people believe, often pay is higher in the private sector in many areas."

Coun. Janet Davis

senior managers have retirement dates coming up by 2015.

Jobs the city is finding it harder to fill include nurses, financial planners, information and technology workers, engineers, mechanics and purchasing of-

ficials.

"With increasing competition for talent and shifting workforce demographics, employers must pay even more attention to the factors that attract, retain and engage employees," says the report, to be pre-

sented to council's executive committee tomorrow.

Obstacles to bringing in new workers include uncompetitive pay and an apparent preference among students to work in the private sector, the report said.

"Despite what many people believe, often pay is higher in the private sector in many areas," said Coun. Janet Davis, a member of council's employee and labour relations committee.

TORSTAR NEWS SERVICE

Man, 23, stabbed behind building

SERIOUS Police were waiting yesterday to talk to a 23-year-old man hospitalized in serious condition after being stabbed several times in the upper torso.

Officers answering a call found the victim at the back of 2875 Sheppard Ave. E., an apartment building east of Victoria Park Avenue, just after 11 p.m. Sunday.

TORSTAR NEWS SERVICE

Pruner impaled in fall from tree

OAKVILLE A 30-year-old Oakville man is in intensive care after he fell 15 metres and was "partially impaled" while pruning a tree. Witnesses ran to his aid and were eventually able to get him free.

The man was taken to hospital and underwent surgery for severe internal injuries. Doctors said his condition had stabilized.

TORSTAR NEWS SERVICE

Ex rings in end of summer

CNE The calendar indicates the seasons change in mid-September, but Torontonians know the unofficial end to summer is Labour Day, coinciding with the end of the Canadian National Exhibition.

The two-week summer party at the CNE drew to a close yesterday with surprisingly long lines at ticket booths, massive crowds for final sales, a stunning air show and a perfectly orchestrated RCMP musical ride.

With strong competition from theme parks like Canada's Wonderland, the Ex's heyday with an attendance of more than three million is long gone. Last year the CNE had 1.24 million visitors.

But its special charm, which originated from a fair, has remained. One-hundred-thirty years ago, horses and cows were traded at the fair. With the development of the modern industry, telephones, ra-



Lip, an Ibiza Egyptian hound, is well on his way to second place at the IAMS super-dogs high jump event at The Ex yesterday.

dios, cars, televisions were on display. Yesterday, a final chance for summer bargains pushed the Ex to its climax. All kinds of goods, from Samsung LCD televi-

sions to yoga sandals, from "smart" mops to "ultimate comfort" mattresses, from pianos to pants were offered at special CNE prices.

TORSTAR NEWS SERVICE

905 lagging behind in bike safety

CYCLISTS A green conscience. Rising gas prices. Health benefits. All reasons why there's an influx of commuter cyclists on the roads in the GTA.

But cycling advocates say many communities aren't up to speed on keeping cyclists safe.

Municipalities in the GTA are incorporating cycling strategies in their transportation planning. But Yvonne Bambrick of the Toronto Cyclists' Union says efforts to improve infrastructure have been concentrated in Toronto's city core. Roads are safer in downtown Toronto than in the rest of the GTA, she says, because that is where the bulk of cyclists are and drivers are used to sharing the road with cyclists.

But Darren Stehr of the group Advocacy for Respect for Cyclists says Toronto is seriously lagging behind more bike-friendly international cities. Toronto has more bike lanes than any other Canadian city but still has only a fifth as many as Berlin — with more than 1,040 kilometres.

TORSTAR NEWS SERVICE

Four-year-old hurt in collision

CAR SEAT A four-year-old boy is in hospital with life-threatening injuries after a four-vehicle collision yesterday on McCowan Road at Hurley Crescent, just south of Ellesmere Road, around 4:30 p.m.

Officers said the boy was riding in a car seat at the time of the collision, but the seat was not properly secured. The boy's parents were unhurt but two other people were sent to hospital with minor injuries.

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4 local

Man recovering after drive-by shooting
A man is recovering in hospital after being wounded in the leg in a drive-by shooting near Jane Street and Haney Avenue yesterday. **TORSTAR NEWS SERVICE**

Obstacles remain

On the surface, not much has changed in the six months since a massive six-alarm fire ravaged a historic block of Queen Street West, gutting six businesses and forcing dozens to evacuate in the middle of the night.

Despite an ongoing investigation by the Office of the Fire Marshal, the fire's cause remains a mystery. Owners of the burnt

properties continue to contest bills for more than \$40,000 sent by the city to cover the costs of the investigation, though they agreed to pay about \$13,000 in demolition expenses.

But as they contemplate reconstruction, many owners find themselves hobbled by complications like insufficient insurance coverage.

One of the top roadblocks is rising taxes, said Toronto Coun. Adam Vaughan, who represents the area. He said property taxes are capped for existing buildings, but the limits don't apply to new construction.

The difference could bankrupt businesses already struggling to get back on their feet, he said.

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News in brief

GARDENS Nearly a decade after the Maple Leafs left their old arena, it looks like the doors to Maple Leaf Gardens will stay shut for some time. Loblaw Companies Ltd. bought the property and has repeatedly touted plans to turn it into a flagship store, while keeping the façade of Canada's oldest hockey shrine. Yet more than a year after the supermarket chain held its annual analyst meeting at the historic rink to signal the future location, no construction has begun. "We definitely are looking to build at an appropriate time," said Loblaw spokesperson Inge van den Berg. **TORSTAR NEWS SERVICE**

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Yorkdale Mall
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155 - 720 King St. W
464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St. W
363 Front St. W (City Place)
5015 Yonge St.
5 - 500 Church St.
3 - 2610 Weston Rd.
1006 St. Clair Ave. W
25 Davenport Rd.

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Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr.
(inside Home Depot)
2880 Queen St. E
(Hwy. 7 & Airport Rd.)
10 - 80 Pertosa Dr.

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Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
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9 - 34 Bristol Rd. E
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18 - 2501 Third Line
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3 - 10019 Keele St.

Markham
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Markville Shopping Centre
Pacific Mall
Upper Canada Mall
21 - 95 Royal Crest Crt.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

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Fees could drive riders from the TTC

InTransit

Ed Drass

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Some readers do not like the TTC's plan to charge up to \$6 for parking at lots that are now free to Metropass holders. Colin writes, "My wife and I travel by car from Richmond Hill to the Finch subway every day. If they start charging we will simply take the car to work."

Patrick writes, "With the proposed increase, the (price) difference between the driving option, the GO Transit option and the TTC option will narrow to nothing."

The planned fees were made public less than 48 hours before the transit commission voted on them last week. TTC chair Adam Giambrone says many people nonetheless found time to contact city councillors before the scheme was approved.

Transit staff must now decide exactly how much drivers will pay at each lot. Mike Anders of the TTC says if most people use coins (instead of bank cards) entering shouldn't take much longer than the current method of swiping a Metropass. He and I spent almost an hour discussing the details of the charge, and I will admit the TTC has researched this extensively.

The real proof comes

when the fees start early in 2009 and we see whether demand for parking remains as high as it is today.

As for offering simpler payment options, Anders explained how it would not be practical to sell special Metropasses that include the cost of parking. However, the new Presto smart card — which the province may launch in autumn 2009 — could be allowed.

The plan to charge "market" rates at TTC lots will mean much higher costs for many people. It will

Parking prices

- Planned cost of parking at TTC lots: \$2 to \$6 per day (depending on location)
- Cost of reserving one space in a GO Transit lot: \$58.95 per month
- Percentage of all GO parking that is reserved: About 8 per cent
- Long Branch GO Station has the highest percentage of reserved spaces at about 26 per cent
- Oakville GO Station has the highest number of reserved spaces at about 580

force some to re-evaluate their commuting strategies — and I suspect this is just the start. Metrolinx is ready to table its regional transit plan this month, and one way to pay for new trains and buses is by levying fees to park — every-

where across

Quick Tip

Q: Adult TTC tickets will no longer be sold after Sept. 6. How can I keep tokens from getting lost?

Tip: Token holders come in three styles. You can buy a flat plastic holder at most Gateway stands in the subway for \$2 or less. The Transit Stuff shop in Union subway station sells a plastic tube that fits more than 40 tokens. Steps away, try J.P. Camera for the "Portsou" token and coin holder, a larger and sturdier design at about \$6. The Gateway stand at northbound Dundas station also has Portsou.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

News in brief

CRASH The Transportation Safety Board is investigating after a small plane crashed in rural southern Ontario yesterday and left two people in critical condition. Three men aged 19, 22 and 23 were in the single-engine plane when it went down in a farmer's field northwest of Shelburne, near 270 Side Road and 8th line, around 5 a.m.

LABOUR A possible provincewide strike of college support staff was averted Sunday in last-minute negotiations. The Ontario Public Service Employees Union announced it reached a tentative agreement with the group representing the province's colleges.

METRO NEWS SERVICES

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A memorial ceremony for the victims of Swissair Flight 111 will take place today in Peggy's Cove in Nova Scotia. Two memorials to the flight victims were established in the province. One memorial is located at Whalesback, near the crash site at Peggy's Cove. The other is near Bayswater Beach Provincial Park. **METRO CANADA**

Canada

"The only thing that's gone wrong is somebody spilled coffee on a hot plate."

Jonathan Seymour of the Transportation and Safety Board speaking about airplane trouble since the Swiss Air crash in 1998.

Changes

Transportation Safety Board of Canada spent more than four years investigating the crash and came up with 23 recommendations for the airline industry. **METRO CANADA**

Anger remains over Swissair disaster

ROBYN YOUNG
Metro Canada

Anger is audible in Lyn Romano's voice as she explains that a decade after her husband was killed in the crash of Swissair Flight 111, she hasn't got over the pain.

"It doesn't matter, 10 years, 20 years, it's raw, it's very raw," she says in a phone interview from her Westchester, N.Y., home.

Today marks the 10th anniversary of the Sept. 2, 1998, crash of the passenger jetliner carrying 229 people from New York City to Geneva, Switzerland.

The McDonnell-Douglas MD-11 slammed into the ocean off the coast of Nova Scotia — about 53 minutes into the flight — after an onboard fire blazed out of control, causing a suc-



A visitor looks out from the Swissair memorial yesterday at Whalesback near Peggy's Cove, N.S. Ten years ago, on Sept. 2, 1998, Swissair Flight 111 crashed in the Atlantic Ocean on Inner Rock Shoal, about 10 kilometres off the coast on Nova Scotia's South Shore, killing 229 people.

sion of system failures in the aircraft.

All 215 passengers and

14 crew members were killed on impact.

The force of the crash in-

to the Atlantic Ocean near Peggy's Cove caused it to shatter into millions of

tiny pieces and only one body was recovered, somewhat intact; the rest were decimated.

The devastating crash resulted in a number of safety improvements in the aviation industry.

But the Transportation and Safety Board of Canada —

and the wife of Ray Romano, seat 19C — maintain it's not enough.

In March 2003, the Transportation and Safety Board of Canada released a final report on the investigation into the crash, which listed 23 recommendations for regulators of the industry.

Jonathan Seymour, a member of the Transportation Safety Board of Cana-

da, says only six of the recommendations have been rated "fully satisfactory."

"Some of these issues have gotten bogged down in bureaucratic processes and others, frankly, have been rejected," he said.

But he also said that as a consequence of Swissair, air travel is safer — the investigation led to substantial improvements in the aircraft industry.

Most companies, for example, have removed metalized polyethylene terephthalate (MPET) insulation material that was tested and certified according to flammability standards at the time the plane was built, but, in the end, fed the fire on Flight 111.

"It doesn't matter, 10 years, 20 years, it's raw, it's very raw."

Lyn Romano

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Quebec poutine festival confirms working-class dish now haute cuisine
A foie gras poutine served at a festival in the Quebec town of Drummondville confirms the dish's place in the world of haute cuisine. One of the purported birthplaces of Quebec's best-known dish held its first poutine festival last weekend. **THE CANADIAN PRESS**

Poor transit deters riders

Recent record-high prices at the gas pumps have consumers looking at public transit as an affordable alternative to driving their own vehicles.

A survey put out by the Federation of Canadian Municipalities and the Canadian Urban Transit Association reports consumers want to take public transit, but lack of buses and trains plus long waiting times are acting as a deterrent.

More than 40 per cent of those involved in the sur-

vey said they would seriously consider taking local transit if gas prices continue to rise.

The survey, released yesterday, compiled answers from 1,100 Canadians and responses suggested a large increase in ridership, which could put a strain on an already over-extended system.

The groups in charge of conducting the survey said the federal government must put more money into these systems.

THE CANADIAN PRESS

Vancouver Labour Day rally



Terri Williams, who said she has four part-time jobs, yells as she attends a Labour Day rally in Vancouver yesterday.

Agency chief satisfied with handling of outbreak

LISTERIA Canada's chief public health officer says he is satisfied with how his agency handled the recent listeria outbreak, despite a month-long delay before the public was notified of the potential problem.

"I think we told people what they needed to know as soon as we knew," Dr. David Butler-Jones, of the Public Health Agency of Canada, said yesterday. "I have no qualms about the timing."

Butler-Jones spoke in response to a recent article that questioned why the

public had not been informed of the deadly outbreak sooner. Though the agency learned of the rash of listeriosis cases in mid-July, the first public notice didn't go out until Aug. 20.

But Butler-Jones said that amount of time was needed to conduct tests to determine if a spate of cases were connected, or just a random surge.

"The science itself just takes time to do it right ... you don't want sloppy science because it can lead you to the wrong conclusions." **TORSTAR NEWS SERVICE**

News in brief

B.C. As a series of small earthquakes shakes the coast of British Columbia, the Vancouver Island tourist town of Tofino says it will have to find its own funds for tsunami warn-

ing sirens because the federal government has failed to cough up any cash. The district will begin work with \$75,000 in municipal funds already budgeted. **THE CANADIAN PRESS**

Quebec gun law comes into force

GUN CONTROL Quebec's new gun control legislation, Bill 9, comes into force today.

The legislation is dubbed Anastasia's law in memory of Anastasia DeSousa, 18, who was killed during the

September 2006 Dawson College shooting.

The law bans the possession of firearms in schools and daycare centres and on public and school transportation. **THE CANADIAN PRESS**

Natives set up highway blockade

CALEDONIA Ontario police say native protesters have set up a highway blockade in Caledonia.

OPP Const. Paula Wright says the blockade began yesterday morning.

Early reports say the protest was sparked by the arrest of a number of Six Nations youth in Brantford yesterday, but police could not confirm the information. **THE CANADIAN PRESS**

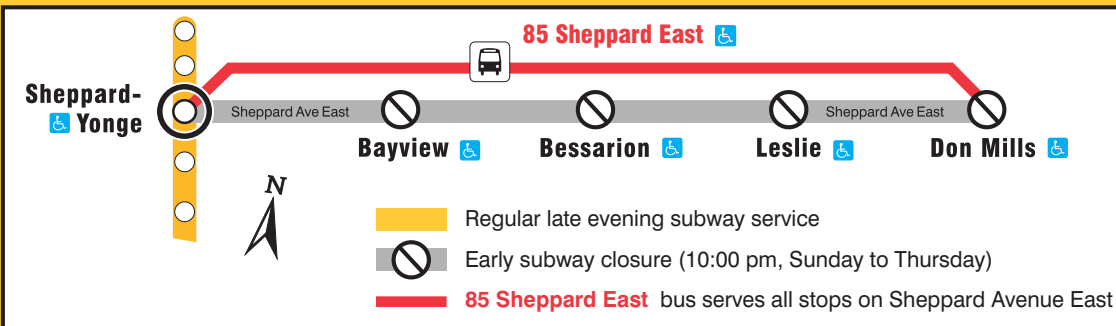
FIT GO SIP SIP.

honda.ca



Sheppard Subway Early Closure For Signal Testing

September 7 - 25, Sunday through Thursday



No trains between Sheppard-Yonge and Don Mills stations after 10:00pm, Sunday to Thursday.



Increased bus service on 85 Sheppard East will run every 3-5 minutes.



At Bayview, Bessarion and Leslie stations, customers will need to board the bus at street level.



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Bell having a
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got better

Michigan State University graduate Kate McAlpine is a rising star on YouTube for her rap performance about the Large Hadron Collider, the groundbreaking particle accelerator that has been built in a 27-kilometre circular tunnel near Geneva, Switzerland. **THE ASSOCIATED PRESS**

World



Troops donate school gear

Members of the Canadian Operational Mentoring and Liaison Team, which works to train members of the Afghan National Army, have filled half a shipping container with school supplies and gathered about \$4,000 to purchase additional supplies on the local market for 520 Afghan children. **THE CANADIAN PRESS**

SL2

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Subdued start for Republicans

Republicans staged a subdued opening to their storm-shadowed national convention yesterday, seeking aid for the Gulf Coast victims of hurricane Gustav as well as support to send John McCain to the White House.

The convention was less than 15 minutes old when Mike Duncan, chairman of the Republican National Committee, asked dele-

gates to take out their cell-phones and text a five-digit code that would make a donation to the Red Cross to help victims of the hurricane.

U.S. President George W. Bush skipped his planned speech to go to disaster and relief centres, determined to avoid a repeat of the disaster mismanagement of Katrina.

THE ASSOCIATED PRESS

News in brief

NEW ORLEANS Demographic data shows those who have moved back to New Orleans in the three years since hurricane Katrina are likely to have higher incomes and more education.

HANNA Hurricane Hanna could hit the southeastern U.S. by midweek, while tropical storm Ike and still another weather pattern behind it raised the possibility of more havoc to come. **THE ASSOCIATED PRESS**

India Flood devastates north



A flood-affected woman with her child leaves an Indian army rescue boat near Madhepura, India. Indian authorities rushed doctors and medical equipment to flood-devastated northern India yesterday to ward off outbreaks of disease.



REALITY CHECK: FORGING TORONTO'S NEW ECONOMY.

Shifts in our economy are forcing us to rethink how we survive these times. Many Torontonians are being forced to change their priorities where they work and live. Hear these stories and more on 99.1.

Tune into 99.1FM from September 2 - 10

Metro Morning from 5:45 - 8:30 am

Here & Now from 3 - 6:00 pm

Also on CBC Television

CBC News at Six from 6 - 7:00 pm



CBC



Michigan couple ties the knot at funeral home

Jason and Rachael Storm decided to start their life together at a place where it typically comes to an end. They tied the knot Saturday at a funeral home in Berrien County's St. Joseph Township in Michigan where Jason is a funeral director.

THE ASSOCIATED PRESS

world 13

Russia warns West

Russia warned the West yesterday against supporting Georgia's leadership, suggesting that U.S. ships that carried humanitarian aid to Georgia's Black Sea coast following last month's war may also have delivered weapons. Russia also called for an arms embargo until the Georgia government falls.

The remarks by Foreign Minister Sergey Lavrov and

Cluster bombs

Human Rights Watch says Georgia has admitted dropping M85 cluster bombs near the Roki tunnel that connects South Ossetia with Russia — the same weapon used by Israel in its 2006 war with Hezbollah in Lebanon.

his spokesman came as European Union leaders delicately approached their re-

lations with Russia, weighing how to punish Moscow for its invasion of Georgia without isolating Europe's major energy supplier.

The latest Russian rhetoric was likely to anger the United States and Europe and enrage Georgian President Mikhail Saakashvili, who has said Russia's goal all along has been to remove him from power.

THE ASSOCIATED PRESS

China Earthquake kills 36



A resident rides by a collapsed building yesterday after an earthquake struck Saturday near Panzhihua city in southwestern China's Sichuan province. At least 36 people were killed, hundreds injured and tens of thousands of homes left in ruins.

AP/WIDEWORLD

News in brief

AFGHANISTAN Foreign and Afghan forces killed five children yesterday — three in an artillery strike in the east after insurgents attacked NATO troops, and a man and his two children near Kabul.

JAPAN Japan's Prime Minister Yasuo Fukuda announced his resignation yesterday, bringing his term to an end less than a year after he took office.

VATICAN Ingrid Betancourt has met with Pope Benedict XVI at a papal summer residence near Rome. She credited her faith with helping her survive captivity in the Colombian jungle.

THE ASSOCIATED PRESS

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Middle East

Country	Rate
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LEBANON	9¢
Saudi Arabia	3.9¢
Syria	18.9¢
U.A.E.	19.9¢
Egypt	14.9¢
Iran	3.9¢
Israel	2.9¢

South Asia

Country	Rate
INDIA	6¢
PAKISTAN	5¢
Afghanistan	24.9¢
Bangladesh	3.9¢
Nepal	7.9¢
Sri Lanka	11.9¢

Africa

Country	Rate
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Oil prices plunge to \$111 as threat from hurricane Gustav eases

Oil prices tumbled to \$111 US a barrel yesterday as hurricane Gustav weakened along the U.S. Gulf Coast and posed less of a threat to oil drilling and refining operations. Oil companies had shut down production ahead of the storm. **THE ASSOCIATED PRESS**

Business



Interest rate cut expected

The Bank of Canada could opt at its policy meeting tomorrow for a quarter-point cut in its key interest rate to 2.75 per cent after economic data released Friday showed the Canadian economy barely keeping its head above water at 0.3 per cent during the second quarter.

THE CANADIAN PRESS

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

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Dealer policy hurts small repair shops

AUTOS Canada's small auto shops are warning that the cost of getting newer vehicles serviced could "skyrocket" because they say some automakers are now restricting access to vital diagnostic software.

Without the software, smaller shops are forced to send some repairs to dealerships. Hand-held computers that plug into an outlet in newer cars need a computer chip and software, which are only given to dealers and denied to the smaller shops.

THE CANADIAN PRESS

Social costs of transport: \$40B

A groundbreaking federal study has calculated the "social costs" of operating cars, trucks, planes, trains and boats across Canada at up to \$40 billion a year.

The study attempts to put a price tag on the unwanted byproducts of transport — accidents, pollution, congestion, noise and greenhouse gases.

Automobile accidents represented the largest single source of social costs. Researchers determined that a Canadian life was worth about \$4 million on

Findings

- Using statistics for 2000, the task force found the often-hidden social costs for all transport ranged between \$24.4 billion and \$39.5 billion — or up to 17 per cent of the total costs of transport that year.

average, based on insurance and court settlements, and that fully disabling accidents cost an average of \$260,000.

THE CANADIAN PRESS

Bata owner, 93, dies in Toronto

OBITUARY Thomas Bata, owner of the global shoe corporation that bears his name, died yesterday in Toronto's Sunnybrook Hospital. He was 93. Bata is survived by his wife, a son and three daughters.



Thomas Bata

Bata's father, Tomas, founded the shoe empire in Zlin in 1894. Born Sept. 17, 1914, in Czechoslovakia, Thomas Bata came to Canada in 1938 when the rise of Nazism forced him to flee his homeland.

THE CANADIAN PRESS



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Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Money: It's child's play

Your children are back to school this week and while they'll be studying up on math equations, science problems and social studies, they probably won't be learning about financial responsibility — cash, credit and consumerism. Smart Cookies say it's never too early to start talking about money. Below are some of our favourite suggestions to get the conversation started about how to save, grow and spend our cash wisely.

Allowance and spending decisions

• Giving children an allowance is a great way to show and tell your chil-

SmartCookies



dren about the value of money. The general Smart Cookie rule is \$1 per year, per week. For example, if your child is six years old, then they would receive \$6 per week. When giving children allowances, it's a good idea to give them the money in denominations that encourage saving. For example, your six-year-old

could be given six loonies per week to keep in three different piggy banks — one for long-term savings, one for special purchases and one for charitable giving.

• Children take great pride in having their own bank account; this is also a great way to encourage good saving habits.

• Give your children room to make their own spending decisions. Have conversations before a purchase to weigh out the pros and cons, but ultimately give them room to make choices.

Teaching through example

• When using a credit card at a restaurant, take the opportunity to teach children about how credit cards work. Dispel the myths that surround these pieces of plastic and ex-

plain to children how the card works, how to calculate the tip, and how you will pay this purchase off.

• Smart Cookies buy and follow stocks of companies that we are familiar with and whose products and services we use. If you want to take your financial lessons a bit further, pick a few companies your children like (toy companies, for example) and follow the stocks with your child.

• Encourage your child to take a part-time job. If he or she is too

young, then perhaps your child could become a mini-entrepreneur and cut grass, shovel driveways or sell lemonade to make some extra spending money.

• Start a money group for your family. Money groups are incredibly helpful for younger children. During this time you can have open discussions about how they are doing with their saving and talk about their goals, what they are saving for and how you can help or offer suggestions on reaching that goal soon.

Money basics

• Introduce the idea of saving and spending. Try to explain and demonstrate the concept of earning interest on savings and

MoneyMatters



paying interest on debt.
• Talk to your children about the differences between "wants" and "needs." After children are clear about the differences they will be able to make better spending decisions. If you have questions or comments for the Smart Cookies, please e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PT on the W Network and be sure to visit smartcookies.com for more tips.

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Before you sign any contract: 10 things you need to know

You've decided to get that cellphone, credit card, or gym membership. Keep this in mind:

- **Shop around!** Understand exactly what each company is offering. The more you know, the more you can negotiate.
- **Know who you're dealing with.** Reputation is important, so ask friends or family for references, check with the Better Business Bureau or investigate a company online at cbbbc.ca.
- **Negotiate!** Most contracts can be negotiated. Use the information you gathered while shopping around to get the best service and price. If they want your business, they will listen to your arguments.
- **Pay attention to details before signing a written contract.** Don't rely on verbal promises; make sure any agreements or claims made by the salesperson are written in-

to the contract. Strike out elements you do not want to sign for and have them initialled by you and the salesperson before you sign.

• **Understand everything in the contract before agreeing to it.** Ask more questions or someone knowledgeable for advice if there are elements you don't understand.

• **Find out whom to call for help or to lodge a complaint.** Ask the salesperson for a customer service phone number and the steps to take if you need to make a complaint.

• **A contract means you are responsible.** It is a legal document, so you will have to live with what you agreed to. Generally, a contract cannot be changed or broken unless you

and the other party both agree (see next tip).

• **Know how to get out of it.** Usually, a short period of time is allowed to end a contract without penalty; it's called the "cooling off period" and it should be described in the contract. If not, check with the Consumer Protection Act of your province.

• **Sleep on it!** Is this what you really need and want? It's OK to change your mind before signing or agreeing to a contract.

• **Once you've agreed to a contract, make sure you get a copy — and keep it!** You may need it later for reference, or to launch a complaint if you have a problem.

NEWS CANADA

Investing



Allan Small looks at some bonds with good returns. Read this week's column at metronews.ca

In brief

WEEKEND SPENDER

According to a recent survey, on average, Newfoundlanders spend the most money on long weekends, with 38 per cent saying they spend more than \$1,000 on an excursion. The most thrifty come from Manitoba, P.E.I., New Brunswick and Ontario, where the majority said they spend less than \$200 on their long weekend.

METRO NEWS SERVICES



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Newfoundland Fly & Drive

Travel Sep 24-Sep 30/wg

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San Antonio

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Jamaica

Travel Sep 24-Sep 30/wg

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+ taxes & fees \$316

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There are plenty of resources in cyberspace to help students manage loans and save cash day-to-day. One of those resources is canlearn.ca, where you'll find advice, useful links and interactive tools such as a budget planner and a loan estimator. **METRO NEWS SERVICES**

Student Cents

Spend wisely

Bring a grocery list with you when you shop for food and watch for specials. Try to avoid doing too much shopping at convenience stores because their prices are generally higher. Consider buying generic products and bring your lunch with you instead of eating out.

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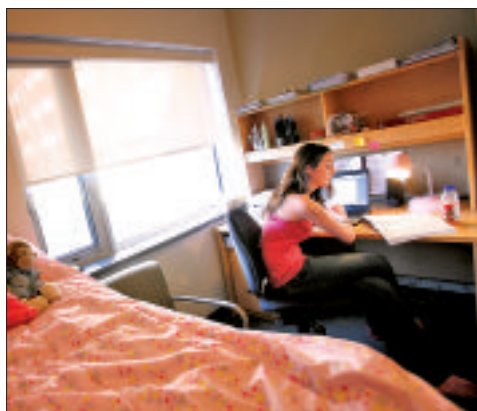
The lowdown on living arrangements

BRIAN TOWIE
brian.towie@metronews.ca

You're about to head off to post-secondary school for the first time and you'll be miles away from home. Your school will likely have residences, sure, but that's not your only housing option. You can also rent an apartment or a house by splitting costs with roommates.

There are advantages to both routes, so it helps to determine which fits your needs.

"Most students moving out for the first time are just excited to be out of the house and on their own," says Ian Boyko, campaigns co-ordinator for the Canadian Federation of Students. "It can be a personal choice. Often university campuses can be out of the way of the downtown core, York University (in Toronto) being a prime example of that, and the gregarious



In this file photo, a student hits the books at Oscar Peterson Hall, a residence at the University of Toronto's Mississauga Campus.

"Apartments are often less expensive. You don't have a meal plan and you can share costs with a roommate."

Ian Boyko

types who want to be close to their city's shops and restaurants will often find

an apartment downtown and then commute to their school."

Boyko argues residences are ideal because they're close to classes, allowing you to hit that glorious snooze button a few more times in the morning than someone who has to commute. It's a good set-up for those entering their first year who have just recently cut the apron strings, says Boyko: You get to know the campus and develop a social circle more quickly than if you lived away from the school.

"Living in residence is often a good transition step for those first years living away from home for the first time," he said.

In some cases, living in rez is an exclusive (but expensive) option available only to first-years, says Laura Walker, financial adviser at Edward Jones Investments. "Some (first-years) are coming from small towns to live in a big city," said Walker. "(Residence) gives them a sense of the

area while they adjust to living on their own."

Such convenience isn't cheap. For example, a single room at the University of British Columbia's Place Vanier residence costs \$4,252 per school year, without the compulsory meal plan, which at some schools will run you more than \$2,000. But that tab is modest compared to some: A single room with mandatory meal plan at the University of Toronto's Chestnut Residence costs an eye-popping \$13,475 for the school year.

Time for the frugal to consider off-campus options. An apartment may suit your budget and is, in most instances, less restrictive. Feel like chicken wings and tacos tonight?

Indulge away, there's no fixed meal plan telling you what you can eat and when. Want to stumble in at 3 a.m. without being hassled by campus security? Do it, so long as you don't wake the neighbours.

But with greater freedom comes more responsibility. You handle the rent, food and utility bills — a bit easier if you've got someone living with you to split the cost.

"Apartments are often less expensive," Boyko said. "You don't have a meal plan and you can share costs with a roommate. Often after a year of living in residence, a second-year student may tire of shared showers and toilets and opt for something of their own."

On the web

- New in town? Visit nation-wide housing listings site homes4students.ca for a comprehensive directory of available apartments and residences near you.

Don't wait until you're out of money to start budgeting

PLANNING For many students, going to college or university is the first time they really have to budget their money. According to Statistics Canada, Canadian full-time undergraduate students paid an average of \$4,524 in tuition fees in the 2007/2008 academic year.

Depending on your location and habits, the cost of

living on your own for an eight-month academic year will probably fall in the neighbourhood of \$10,000 to \$15,000. Don't wait until you're out of money to start budgeting or you'll end up with a stomach full of instant noodles and nothing else.

Before school, make a list of things you'll need, and have friends and fami-

ly check the list for things you've forgotten or you can do without.

Calculate your cost of living and the supplies you will need for the school year — the basic cost of tuition, books, rent, utilities and food is a good place to start. Budget enough to cover these requirements and then pay yourself an allowance for recreation.

Don't beat yourself up if you blow your weekly budget at some point during the year.

If you overspend during a night out, recognize your entertainment budget has been used up — skip the next video game you were going to buy or spend the next couple of weekends catching up on reading.

Eating out can add up

quickly as well, so learn to cook or pack snacks. Also, try leaving your credit card at home; it's surprising how much harder it is to splurge that way.

Even if you are sticking to your budget, you need to make the most of your resources.

Do research and consult deal web sites such as RedFlagDeals.com before mak-

ing purchases to maximize savings, because when emergencies hit, they can hit hard.

A beer shortage or lack of the latest clothes is not an emergency, but having to travel home unexpectedly or having to replace something important like text books, a computer, or car brakes can be.

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NFL players will wear a uniform patch this season to honor NFL Players' Association leader Gene Upshaw, who died Aug. 20. Upshaw died of pancreatic cancer just three days after he was diagnosed. **THE ASSOCIATED PRESS**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Brady says he's ready for Pats' opener, Belichick stays mum

NFL Tom Brady ran through agility drills and said he's ready to play in the New England Patriots' opener. Bill Belichick isn't ready to say that will happen.

Neither is much of a surprise.

It would be a big surprise if the record-setting quarterback, who had a right foot injury and missed all four exhibition games, doesn't start Sunday against the Kansas City Chiefs.

"If it's up to me, there's no question" Brady said yesterday. "I've been getting progressively better over the past couple of weeks. I'm excited. I'm ex-

cited to start the year."

The secretive Belichick deflected a question about whether last season's NFL MVP would start Sunday.

"We will give you the injury report on Friday," he told reporters yesterday. "We will give you the practice report after we practice."

Brady didn't want to anger a coach who tells his players not to reveal too much injury information. So he wouldn't estimate

how close to 100 per cent he was health-wise.

"I don't know," Brady said with a smile. "Coach hates percentages, so I usually don't give them. I have been yelled at more times with comments I make so I am laying off that one. Write that, so he reads that, too."

No matter the percentage, all signs point to Brady extending his playing streak to 128 games, third most in history among NFL quarterbacks. Only Brett Favre (275) and Peyton Manning (173) have longer streaks, and both are still going on.

THE ASSOCIATED PRESS



Brady



Ryan released by Packers

Canadian-born punter Jon Ryan, left, is looking for a new job. The 26-year-old Regina native was released yesterday by the Green Bay Packers despite boasting a sparkling 48-yard punt during the NFL exhibition season. The Packers cut Ryan loose in favour of Derrick Frost, who had been released Saturday by the Washington Redskins.

The Canadian Press



Argonauts receiver Arland Bruce III is tackled by Tiger-Cats' Chris Tompson, left, and Ryan Glasper during the Labour Day Classic last night in Hamilton. Bruce caught a first-half touchdown as part of a 34-31 Argonauts' victory.

CFL's first half full of perplexing scenes

YorkReport

Marty York

marty.york@metronews.ca

formance that included a botched field goal, missed tackles and the hot-dogging of a receiver (Arland Bruce) who insisted on placing his face in a Spider-Man mask after scoring a touchdown, the Argos did just enough to emerge triumphant.

And, with a 4-5 record, they're somehow in position to challenge the first-place Montreal Alouettes for Eastern Division supremacy in the second half.

Mind you, if the CFL's second half turns out to be as weird as the first half was, well, who knows?

I was thoroughly perplexed with the first half. I mean, you learn to expect the unexpected in the CFL if you've covered the league for nearly 30 years, but this first half was just too much.

You were psychic if you knew:

- The Edmonton Eskimos would register one more victory in their first nine games this season than they did all last season, when they finished out of the playoffs with a 5-12-1 record. This team was so inept in 2007 that head coach Danny Maciocia could have

written a book on how to single-handedly destroy a CFL franchise. Maciocia, though, somehow evaded the firing line and his team has responded with an impressive rebound. In fact, after trouncing the Stampede in Calgary yesterday, the Eskos look very much like the team to beat in the CFL. And Edmonton quarterback Ricky Ray was the league's top player in the first half.

- The Winnipeg Blue Bombers, Eastern Division representatives in the Grey Cup last season, would be the league's worst team, with only two victories.

- The B.C. Lions would be in the Western Division cellar, and star running back Joe Smith would be in their doghouse.

- Montreal would be atop the East with a head coach, Marc Trestman, who had no CFL experience whatsoever.

Yep, it's been weird. Fasten your seatbelts for the second half.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Soccer

Manchester City beat Chelsea to signing striker Robinho by agreeing to pay Real Madrid a British-record 32.5 million-pound (\$62-million) transfer fee yesterday. Robinho won the Spanish league in the past two years with Madrid and has scored 11 times in 42 caps for Brazil. **THE ASSOCIATED PRESS**



Nadal passes first tough test at Open

TENNIS Rafael Nadal withstood his first test at this U.S. Open, shifting into another gear to beat Sam Querrey 6-2, 5-7, 7-6 (2), 6-3 yesterday and match his best result at the tournament that's always bedevilled him.



Nadal

Playing for the sixth year at Flushing Meadows, the No. 1 Nadal rallied to reach the quarter-finals. He got quite a workout from his unseeded, 20-year-old opponent.

"Very tough," Nadal said. "Sam is a big player, a big server. He has a great future."

In other action yesterday, Venus Williams and sister Serena each won to set up a quarter-final date with one another, while Canadian Daniel Nestor and Serbian partner Nenad Zimonjic crashed out to Finn Jarkko Nieminen and Robert Lindstedt of Sweden 6-4, 6-7, 6-2.

THE ASSOCIATED PRESS

Singh running away with PGA playoffs

Weir can't hold off Fijian's FedEx Cup run

Another victory for Vijay Singh is turning the FedEx Cup into another snoozer.

Singh made three long birdie putts and closed with an 8-under 63 to win the Deutsche Bank Championship yesterday by one shot over Canadian Mike Weir for his second straight victory in the PGA Tour's playoff system. That gave Singh such a big lead that he could win the \$10-million US prize without even showing up at the Tour Championship.

Attribute this to the power of positive thinking.

Singh, who has long struggled with the putter, convinced himself last week that he was the best putter in golf when he won The Barclays in a three-man playoff.

He made a few more believers on Labour Day at the TPC Boston.

Singh rolled in a 35-foot birdie putt on the 13th hole to stretch his lead to three



Vijay Singh was on fire with his putter, including this birdie on the 14th hole, yesterday en route to a win at the Deutsche Bank Championship in Norton, Mass.

shots, then holed a 60-foot birdie putt on the next hole. He capped off his amazing run with a 35-foot birdie on the 17th hole.

Any doubters? "It's nice to see them going in," Singh said. "When they start going in, they believe it."

Weir, who had a one-

shot lead until a double bogey on the ninth hole, simply couldn't keep up. The native of Bright's Grove, Ont., closed with a 71 to finish five shots behind, dropping his record to 1-9 on the PGA Tour when he has at least a share of the 54-hole lead.

THE ASSOCIATED PRESS

Sports in brief

OLYMPICS Brazil's Rufus became the sixth horse to test positive for doping during the Beijing Olympics. Rufus, ridden by Rodrigo Pessoa, tested positive on Aug. 23 for nonivamide, a substance prohibited for its pain-relieving properties, equestrian's governing body

said yesterday. Pessoa was fifth in the individual jumping final.

CIS Sam Malian threw for three touchdowns and ran in another as the Windsor Lancers routed the York Lions 40-7 in Canadian university football action yesterday. **METRO NEWS SERVICES**

SCOREBOARD

MLB									
AMERICAN LEAGUE					NATIONAL LEAGUE				
EAST DIVISION					WEST DIVISION				
	W	L	PCT	GB		W	L	PCT	GB
Tampa Bay	84	51	.622	—	Arizona	70	67	.511	—
Boston	79	57	.581	5½	L.A. Dodgers	67	70	.489	3
N.Y. Yankees	73	64	.533	12	Colorado	65	74	.468	6
TORONTO	70	66	.515	14½	San Francisco	59	78	.431	11
Baltimore	63	73	.463	21½	San Diego	53	83	.390	16½
CENTRAL DIVISION					YESTERDAY'S RESULTS				
	W	L	PCT	GB	AMERICAN LEAGUE				
Chicago Sox	77	59	.566	—	N.Y. Yankees 13 Detroit 9				
Minnesota	77	60	.562	½	Baltimore at Boston				
Detroit	66	71	.482	11½	Chicago White Sox at Cleveland				
Cleveland	65	70	.481	11½	Seattle at Texas				
Kansas City	57	79	.419	20	NATIONAL LEAGUE				
WEST DIVISION					Arizona 8 St. Louis 6				
	W	L	PCT	GB	Colorado 4 San Francisco 0				
L.A. Angels	83	53	.610	—	Florida 4 Atlanta 3				
Texas	67	71	.486	17	Houston 3 Chicago Cubs 0				
Oakland	63	74	.460	20½	N.Y. Mets 4 Milwaukee 2				
Seattle	53	83	.390	30	Washington 7 Philadelphia 4				
NATIONAL LEAGUE					San Diego at L.A. Dodgers				
EAST DIVISION					TONIGHT'S GAMES				
	W	L	PCT	GB	AMERICAN LEAGUE				
N.Y. Mets	77	61	.558	—	Baltimore at Boston, 7:05				
Philadelphia	75	63	.543	2	L.A. Angels at Detroit, 7:05				
Florida	70	68	.507	7	Chicago W. Sox at Cleveland, 7:05				
Atlanta	59	79	.428	18	Minnesota at Toronto, 7:05				
Washington	53	85	.384	24	N.Y. Yankees at Tampa Bay, 7:10				
CENTRAL DIVISION					Seattle at Texas, 8:10				
	W	L	PCT	GB	Oakland at Kansas City, 8:10				
Chicago Sox	85	53	.616	—	NATIONAL LEAGUE				
Milwaukee	80	57	.584	4½	Atlanta at Florida, 7:10				
St. Louis	74	64	.536	11	Philadelphia at Washington, 7:10				
					EAST DIVISION				
	W	L	PCT	GB	Montreal 6 3 0 12				
TORONTO	3	5	0	6	TORONTO 3 5 0 6				
Hamilton	2	6	0	4	Hamilton 2 6 0 4				
Winnipeg	2	7	0	4	Winnipeg 2 7 0 4				
					WEST DIVISION				
	W	L	PCT	GB	Saskatchewan 7 2 0 14				
Saskatchewan	7	2	0	14	Edmonton 6 3 0 12				
Edmonton	6	3	0	12	Calgary 5 4 0 10				
Calgary	5	4	0	10	B.C. 4 5 0 8				
B.C.	4	5	0	8	WEEK 10				
					YESTERDAY'S RESULTS				
					Edmonton 37 Calgary 16				
					TORONTO at Hamilton				
					SUNDAY'S RESULT				
					Saskatchewan 19 Winnipeg 6				
					FRIDAY'S RESULT				
					Montreal 30 B.C. 25				
SOCCER									
GAMES FEATURING TORONTO FC:									
SATURDAY'S RESULT									
CD Chivas USA 2 TORONTO 1 (injury time)									
SATURDAY, SEPT. 6 GAME									
CD Chivas USA at TORONTO, 4									

SOCCER

GAMES FEATURING TORONTO FC:
SATURDAY'S RESULT
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Restricted free-agent defenceman Andrej Meszaros signed a six-year deal with the Tampa Bay Lightning on Saturday. Meszaros was acquired from the Ottawa Senators on Friday in exchange for defencemen Filip Kuba and Alexandre Picard and a first-round draft pick in 2009. **THE CANADIAN PRESS**

NHL



Mike Van Ryn

Van Ryn looks forward to Leaf life

It appears that some time today, Mike Van Ryn's life is going to change significantly.

Should the rumours finally come to fruition, the Maple Leafs will acquire the Florida Panthers' defenceman in a long-awaited exchange for Bryan Mc-

Cabe and a draft pick.

For one, Van Ryn will have to give up playing hockey in anonymity in south Florida, where he's probably the second-most famous person in his household of two.

And he'll have to give up one of the great perks he

found being the husband of a former Miami Dolphins cheerleader who is still involved with the football team.

"I've been lucky enough because of my wife (Amber). I've been a judge for the Dolphins' cheerleader calendar, like which pic-

tures go in," said Van Ryn. "I guess that's going to come to a halt."

Although he has no particular desire to leave Florida, Van Ryn said he'd be ecstatic to come to Toronto.

"It's a part of life we've enjoyed but we're looking forward to a new chapter,"

said Van Ryn. "I know (my wife is) excited about a change, and so am I."

"It'll be neat going to an arena where there will be a playoff atmosphere every night, and it's always been fun to play in Toronto because the fans are knowledgeable." **TORSTAR NEWS SERVICE**

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Blue Jays likely to add from within

MLB While Toronto's division rivals prepare for free-agent spending sprees, Jays GM J.P. Ricciardi is planning a quiet off-season of internal re-arming.

"I don't really know how much we're going to look to spend," Ricciardi said over the weekend at Yankee Stadium. "I mean, we'll do some things. But we'll probably be more judicious in how we do it."



Ricciardi

By contrast, the flailing Yankees are warming their charge cards in advance of a frontal assault on the best available talent. Names dangling for them include Milwaukee starter CC Sabathia, Angels slugger Mark Teixeira and the Jays' own A.J. Burnett.

"They're always going to do things that we can't do," Ricciardi said of the Yanks. "But we're pretty excited about what we have here and what we have coming. We're probably more set going forward."

"Obviously, we want to improve our offence."

Ricciardi acknowledges there are several key spots where his club needs some sort of help: A shortstop, a power-hitting DH/first baseman and behind the plate. He believes Toronto's minor-league system is ready to provide those missing pieces.

"We'd like to upgrade DH, but if Travis (Snider) takes over in left field and (Adam) Lind becomes the DH, or vice versa, we might not have to go that route," Ricciardi said.

"We'd like to upgrade (at shortstop). But if we had to go with (Marco) Scutaro and (John) McDonald, we'd be happy with that."

TORSTAR NEWS SERVICE

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

Learning Curve

Transition time

The jump from high school to college and university

ERIC EMIN WOOD
for Metro Canada



The transition to academic mode after a comparatively relaxing summer can be a difficult one for both veteran post-secondary students and those entering university or college for the first time.

For instance, many first-year students have to deal "with just the physical aspects of moving, and that in itself can be stressful," says Dr. Cheryl Washburn, director of counselling services at the University of British Columbia. "Often this is the first time they're away from family."

Other students discover their study habits from high school don't necessarily work in university.

"Students put a lot of pressure on themselves and oftentimes end up feeling quite badly" when their grades slip, says Washburn, which can add to their difficulties.

Recognizing that such results are normal can go a long way toward helping students feel comfortable, she says.

Time management is key for every student, whether in first year or fourth, says Christine Squire, academic adviser and co-ordinator of the first-year advising program at Dalhousie University in Halifax.

"A lot of people think they know how to do it, but in reality they're just always flying by the seat of their pants," she says. Transitional difficulties don't disappear from one year to the next, says Squire, they just take on different forms. "A lot of students

"A lot of students coming from high school don't know why they're here; they just know that they're expected to come to university."

Christine Squire says.

As students get older they know what they want to do, it's just a matter of learning how to reach that end goal."

Washburn advises students to make sure they're taking care of the basics. "Things like sleep, nutrition, exercise, connecting with friends, keeping a balance in your life, oftentimes that gets compromised," she says.

She also encourages stu-

coming in from high school don't know why they're here; they just know that they're expected to come to university," she says.



The transition from high school to post-secondary education can be more than an academic adjustment.

dents to "seek help when they're having difficulty, as opposed to trying to bottle it up and hide it from others and deal with it on their own."

Squire admits it's difficult balancing school, work and a social life, which is why Dalhousie's first-year advising program

offers sessions in subjects such as procrastination and time management.

"It's super important to find that balance," she says. "You can get in over your head really fast if you sacrifice too much for social time or don't make any friends if all you do is academics."

School clubs worthwhile

Getting involved with school activities is a great way to meet people, learn transferable skills and enhance your resumé.

As the new school year begins take time to learn about the student clubs and associations that are running on your campus.

You might be surprised at how participating in these groups can be beneficial to your future career. Find a club that reflects your interests and ask about any necessary qualifications and the time commitments required. Just make sure to find a balance between your social activities and your academics.

Maybe you can get involved with the school newspaper, campus radio station or specific clubs related to your program, cultural or ethnic group. These activities provide opportunities to meet people with similar interests, along with the chance to network, build relationships, and develop your leadership skills.

"I've learned so much in a short period of time, and gained hands-on experience in everything from HR and accounting to PR and event planning," says Shannon Allen, president of Seneca@York's Student Council. "My involvement has greatly enhanced my college experience and I've had opportunities to

GetSmart

Tracy Rogers

tracy.rogers@senecac.on.ca



go to personal development conferences across Canada and the U.S. — and best of all I've had fun."

When you are involved in extracurricular activities you may also be nominated for many awards. Working in career services, I have seen first-hand how impressed employers are when they read a resume that showcases student involvement, accomplishments and awards. By getting involved in student clubs, associations and events, you are enhancing your abilities and showcasing interpersonal skills that just might make you stand out from the competition.

Going to college or university will help better prepare you for your future career, but by taking advantage of all the opportunities available to you while at school, you can also gain additional practical career training.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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Dealing with those September stresses

The 'challenge of newness' awaits many first-year students

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Sheets of paper containing your welcome letter and course requirements tremble in your sweaty hand. Your mind races with thoughts of bad grades, potential money troubles and dealing with unfriendly peers as you slowly and hesitantly approach your first class of the year. It feels like there's a boa constrictor slithering around in your stomach as you turn the doorknob and walk into the room.

Welcome to September, one of the most stressful times of the year for those returning to school. But you can manage it if you keep your focus on what you need to do. The keys are these: Block out the distractions, keep your eyes on the books and should you become overwhelmed, seek help.

Dr. Mark Berber, psychiatrist and professor at the University of Toronto, defines stress as the physical and psychological response to a challenge. The

scenario for returning students, he notes, is "the challenge of newness."

"It's the novelty of college or university," Berber said. "This is where the anxiety primarily comes from. They've been taken out of what normal is for them and put into something very different. It's especially true for high school students — where the regime is much more organized — entering university, where the burden of success is on the student."

Berber says the first semester of any school year is the most difficult and important, often acting as a kind of sieve that weeds out the uncommitted and reveals the mettle of the dedicated student.

Now is the time to counter the stress by developing work habits that will serve you throughout the year, but pub nights and parties are everywhere, ready to rob you of valuable study time.

"Students underestimate the amount of material to digest in the first trimester, but once they fall behind it's very diffi-



cult to get caught up," he said. "They should be focusing on their academics, then integrating social events. A good way is to confine your fun to the weekend."

You've heeded the advice and the work is still too overwhelming. Fear not: More than likely your school has a number of campus counsellors on-hand to assess your situation and help you through it, along with a number of online resources they might provide.

The University of Alberta, for example, has a web page on how to "get your degree without losing your mind," (www.ualberta.ca/dept/health/web_docs/healthinfo/stress.htm) offering relaxation techniques, and time managing improvement skills. Simon Fraser University has an online interactive "wellness wheel," where you can gauge your level of stress and how to decrease it. (<http://students.sfu.ca/health/health-promotion/wheel.html>)

Beyond that, experts advise that putting up and shutting up is the worst thing you can possibly do. "Be passionate about your learning. There are no real shortcuts to your education," Berber said.

"But if you're in trouble, don't bottle it in. Find a counsellor to help you deal with it."

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

GPS unit speaks to visually impaired

Device helps users learn new routes

RAFAEL BRUSILOV
for Metro Canada



A new GPS device could make travel an audible experience for the visually impaired. The Canadian National Institute for the Blind (CNIB) worked closely with Telus to make the devices possible, which are not much bigger than a BlackBerry and use a button template sheathed over a touch screen.

Hooked up to a GPS satellite feed and harbouring a powerful speaker, the devices use voice software to tell users out loud what streets they are passing, how many steps it will be to the intersection and even what exact direction a user is facing at any point in time. Users can also program a destination into the device and have it lead them there with spoken instructions.



Simone Soman, 18, and Samuel Hsieh, 20, are all smiles as they make it to their final destination with the help of new adaptive GPS technology purchased by the Canadian National Institute for the Blind. Suzanne Decary, a CNIB independent living skills specialist, looks on. Inset, a close-up of the device.

The devices were made possible by a \$15,000 donation from Telus through its Telus Toronto Community Board. Telus spokesperson Julie Smithers says Telus was proud to work with the CNIB. "The CNIB is an excellent recipient — they are making a true difference in the lives of their

members," Smithers said. Simone Soman, 18, has been blind since birth and is soon starting a music degree at Humber College. She got a chance to test and demonstrate the GPS system at a recent launch event organized and found it very useful. "It's a great piece of technology. These

devices would help any person with a visual disability in their everyday life," Soman said.

Suzanne Decary, an independent living skills specialist, says the devices are great for learning new routes but won't substitute for strong navigation skills like listening for traffic cues or using a walking cane.

"Students will have to have some idea of where they're going already, but it can help get them back on track if they get lost. They do still have to have good orientation and mobility skills," Decary said.

Sophia Kalligeris, an 18-year-old student who's also been blind since birth, says although having a GPS de-

vice would be helpful, she doesn't like to make excuses for her condition.

"My theory is it's not an excuse for not being able

to do things. Seeing is just feeling something with your eyes. You have other senses you can use," Kalligeris said.



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Centennial launches children's entertainment program

VAKIS BOUTSALIS
for Metro Canada



is set to launch a new children's entertainment program to build on Canada's reputation in the field.

"We are targeting the growth of children's enter-

tainment because Canada is so well regarded internationally," says Nate Horowitz, the school's dean. Children's Entertainment: Writing, Production and Management will be offered as a three semester, post-graduate course. By the end of the third semes-

ter, Horowitz says, students will have a focused and applied education in the industry — which comprises television, film, online media, games and books. While the course will touch on skills such as filming and editing, more emphasis will be placed on

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Journalism prof wants to make a difference

Name: Joyce Wayne
Years of experience: 30
Occupation: Professor of Journalism at Sheridan College

Q How did you get started in your industry?

A I was trying to finish my PhD in English literature when a former professor offered me a job in Toronto running a small, politically-minded publishing house. I jumped at the opportunity. My background was the social movement of the 1960s and 1970s so I wanted to make a difference then —



Joyce Wayne

Industry411
education@metronews.ca

and I still do today.

Q Describe the ideal qualities for success in your industry.

A Face the fact that the entire spiel about objectivity doesn't have much basis in reality. If you want to be a great reporter you need to have a clear-headed point of view. Deep down inside I think most serious journalists want to make the world a better place.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Today young people need an undergraduate degree and

some J-school training. Reading newspapers helps and you might be surprised (or not) at the number of journalism school students who don't bother to read a daily newspaper.

Q What do you like most about your job?

A It changes every day because the students change. Now I run a journalism program for internationally trained writers who come to the GTA and end up delivering pizzas and driving taxis. We're helping them to get back into journalism.

Q What are the most challenging aspects of your industry?

A Last night I heard a respected journalist professor ask what the audience would prefer

— an article in Maclean's or a story on a blog. Everyone said the article, but I think the blog is more influential these days.

Q What tips would you offer industry newcomers on getting started?

A Freelance, freelance, freelance. It's tough, but the full-time corps of reporters is shrinking throughout the industry, so there's lots of opportunity to sell your stories if you have something to say.

Q What associations or volunteer activities would you recommend?

A Try to land an internship at a media organization. You probably won't be paid, but the experience is invaluable.

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Sink your teeth into this course

Oakville doctor teaches chocolate-making by night

Pop quiz: How do they get the caramel inside the Caramilk bar? The answer, says Dr. Kerry Beal, isn't as complex as the old TV ads make it out to be.

"They have a one-shot depositor: A tube within a tube. The middle tube has caramel in it, the second has chocolate," she says. First, there's a shot of chocolate for the base, then a squirt of caramel, then another of chocolate to seal the deal. It's just one of many tasty tidbits Beal reveals during her three-hour Chocolate 101 class, offered this fall at Sheridan College in Oakville.

The introductory course gives students a base knowledge on tempering — the art of heating and cooling chocolate — truffle making and moulding.

"Candy making and chocolate in general is really all about controlling crystallization," says Beal, a family physician by day and chocolate connoisseur by night. "When you're working with chocolate, the cocoa butter exists in a bunch



Kerry Beal pours chocolate into moulds in her kitchen, part of the chocolate classes she teaches in her spare time.

of crystal forms. You want the right kind of crystals to form so the chocolate has that right shine, and so it snaps the right way when you break it."

Improperly tempered chocolate lacks lustre and crumbles when broken. "The crystals aren't something you can see with the naked eye," Beal says. "I explain some tricks for how you can tell if it's tempered properly."

From there, students are

given a crash course on moulding and proper presentation.

There are no final exams or essays in Chocolate 101; your satisfied sweet tooth earns a passing grade.

It was Beal's own sweet tooth that got her interested in candy making more than a decade ago during a visit to San Francisco, where she found a chocolate-tempering machine for \$400 in a high-end kitchenware shop. She began tak-

ing lessons with a pastry chef at night, while working in an Ottawa walk-in clinic by day.

"It was just an amusement, something I was interested in and started learning about," she says.

She pitched the course to Sheridan a year ago.

"I came with a sample of chocolates. In my experience, bringing along chocolate opens more doors than anything else," she jokes.

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Learning Curve in brief

MONEY According to a recent survey by Capital One Canada, nearly 60 per cent of post-secondary students surveyed are worried about having enough money to last them through

the school year. Among the survey's other results:

- 53 per cent will dip into their savings to cover everyday expenses
- 36 per cent skip meals to save

money

- 24 per cent forego medication, dental visits or other medical treatment to save cash

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The keys to organization

LEYLA EMORY
for Metro Canada

The first rule of being organized: Never talk about being organized. Write out a list.

"For university students it's all about getting checklists before they start doing things by rote retention," says Karen Sencich, HP's organization expert. "They need to learn to prioritize and manage time without mom and dad there."

As a starting point, Sencich suggests students go to HP's online activity centre and download job schedules, class schedules and job sharing charts. "When they print out this sort of calendar they can really see where they're overextended and where they need to build in some time for exercise and leisure."

Professional organizer Sherry Borsheim, president of the Vancouver-based Simply Productive and author of *Conquer Your Chaos*, takes it a step further.

"Have a calendar where you write down absolutely everything," she says. "If you have a project write out every task and actually

schedule them into your calendar. That's how you get things done. I call to-do lists 'doo-doo lists.' There's no intention or commitment. A scheduled appointment has both."

The second rule of being organized: Cut out clutter.

Today's tech-savvy generation has a natural advantage when it comes to saving space. Make use of it. "Being able to tame technology is going to make their life simpler," says Sencich. For the eco-friendly scholar she recommends saving desk space and paper by downloading HP's Smart Web Printing Tool.

"It's a free tool that helps when you're scrolling through websites and want to clip and save bits of information ... So when you go to print you don't get pages and pages of pop-up adds and margins that aren't aligned."

Check it out, it also takes care of the gruelling process of collecting footnotes since clicking on the text takes you right back to the website it came from.

The third rule of being organized: Make it part of your life. So make it fun and personalized. Sencich recommends adding photos and graphics to calendars. "At university you see

a lot of scrapbooks and collages. They really want to capture the moment." She recommends investing in a wireless enabled all-in-one printer/copier/scanner that can be tucked away safely in those tiny dorm rooms.

"Each person has unique ways of doing things, unique situation, and therefore there is no cookie-cutter solution," adds Borsheim. "There's only what works for you. Finding that solution is sometimes a journey, but we find a solution."

Myths and facts

- Myth 1: Organizing is the same as being neat
- Fact: Organizing is not about how space looks, but how it functions
- Myth 2: Organizing is a talent you're born with or not
- Fact: Organizing is a learnable skill
- Myth 3: Organizing is about throwing things away
- Fact: Organizing is about identifying what's important and giving yourself access to it

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

Services worth knowing about

Campus health centres can be invaluable to students

LEYLA EMORY
for Metro Canada



University health plans vary depending on the province but their health centres provide a common service: Ensuring the health of a few thousand over-worked, sleep-deprived, malnourished students.

Needless to say, on-campus health services are the complex nerve centre of a university's well-being, and worth knowing a thing or two about.

"We're the kind of serv-

"We're the kind of service you might not need for three years, and suddenly you do ... if you have the information up front, you're at an advantage."

Kevin Friese

ice you might not need for three years, and suddenly you do," says Kevin Friese, assistant director of the University of Alberta's health centre. "If you have the information up front, you're at an advantage."

Every registered student has access to his or her school's health centre. "It's part of their tuition," says Kathryn Haworth, health

promotion co-ordinator at the University of Toronto.

Sometimes, the students themselves are the ones dispensing health information. "Peer educators are the people deciding which messages to get out and getting it out," says Friese. "They're students themselves, in touch with what's happening on campus."

It's an effective way of getting information out, says 21-year-old Ricardo Lé, now in his fourth year as a peer educator at the University of British Columbia. "I find students are more interested when they see someone their own age, in their own position. They take it more seriously, they listen more."

After completing 40 hours of training, peer educators at UBC deliver what are called "outreach presentations." They also have a station where students looking for information can come to them.

Ryerson outreach program off and RUNning

ERIC EMIN WOOD
for Metro Canada



When a select group of Toronto high school students returns for classes this fall, it may find one of its courses a literal step outside its typical experience, thanks to the Ryerson University Now (RUN) program.

"We basically bring university to the school," says Rona Abramovitch, Ryerson's RUN co-ordinator.

Abramovitch describes the program as a "first chance" for youth who are still in high school but may not consider attending college or university.

"It makes post-secondary education feel like a realistic option," says Abra-

movitch, who came to Ryerson two years ago and resurrected the program.

The new RUN began in 2007 with an after-school introduction to marketing class for students in the Regent Park Pathways to Education program.

Last year, a second course, sociology of popular culture, was added to Toronto's Central Com-

merce High School.

"This fall we're adding two more schools," says Abramovitch.

Outside of Regent Park, the courses have been integrated into students' timetables like any other high school course. But they are university courses, stresses Abramovitch, with university-level expectations.

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Dealing with a bad roommate

BRIAN TOWIE
brian.towie@metronews.ca



I shared an apartment in Toronto's downtown east side with my cousin while we both attended university. I returned home from class one night to find him masticating a chicken meal that he ordered in from one of the major fast food chains (which will remain nameless in the interest of not getting sued). In a successful attempt to put me off my humble dinner of beef patties and rice, my cousin peeled off the chicken skin, wiping it all over his face before eating it.

"Yeah, it's so good," he laughed as a half-chewed gooeey mix of meaty pulp, grease and saliva oozed from his mouth like snot from a nostril. My appetite devastated, I went to bed hungry that night with the bile-inducing image burned into my brain.

The next day I came home from class once again, hearing screams of

anguish coming from the bathroom. My cousin was hunched over the sink, popping what looked like white-headed zits around his mouth. A doctor would later tell him the skin around his lips was unusually sensitive and had a rare allergic reaction to the chicken fat, causing his face to break out in hives. He was pain and misery incarnate, a true and righteous case of Schadenfreude if ever there was one, and I laughed my head off.

"Stop it! It's not funny," he wailed.

"Sorry, I didn't mean to rub it in your face," I replied.

Of course, most anyone who has ever shared an apartment or residence with someone while they've been going to school has at least one of these war stories, and they range from the hilarious to the horrific.

It's no easy task, sharing a living space with a stranger, and can often become worse when

you divvy chores and bills with someone you know.

"You both have to be on the same page," said Ruth Claramunt, president of relationship consulting service Hearts.

"You're going to have to get along with this person for an extended period of time. It's almost like marriage in a way, except it's with someone you might not know."

"Sometimes it's even easier to share with a stranger because you don't have to worry about damaging relationships with a life-long friend."

Claramunt says the three biggest issues that can

make a living arrangement go south are cleanliness, privacy and money management.

This should be solved by setting boundaries on Day 1. Agree upon ground rules, and get it in writing.

"It's important to establish what you're expectations are from the get-go, and make sure you both write it down so there's no airy-fairy. 'Well, we didn't agree on that'

stuff going on," she said. "When you've got these boundaries, it's easier to talk about what's happening, and you should be talking about it right away if it bothers you."

In its guide Social Tips For New Students, Ryerson University advises you can eliminate potential future arguments. Make a cleaning and quiet hours schedule, determine private and shared items in the house, clear the air over any allergies and discuss daily routines (such as exercising habits or religious observances).

Don't avoid a confrontational situation if you're uncomfortable, but don't make the other person feel like they've got their back to the wall.

"Be proactive and positive," adds Jason

Living with people can give you a first-hand look at their odd behaviour, such as Tom Green's character in the movie Road Trip. Experts suggest laying out ground rules before moving in with somebody.

Hunter, dean of students at the University of Toronto's Victoria College.

"You're an adult and you can resolve issues like one. Sit down and talk about your lifestyles. It may not be a bad roommate situation at all: Students have more than likely grown up with their own rooms, and it can be a tough transition for some people."

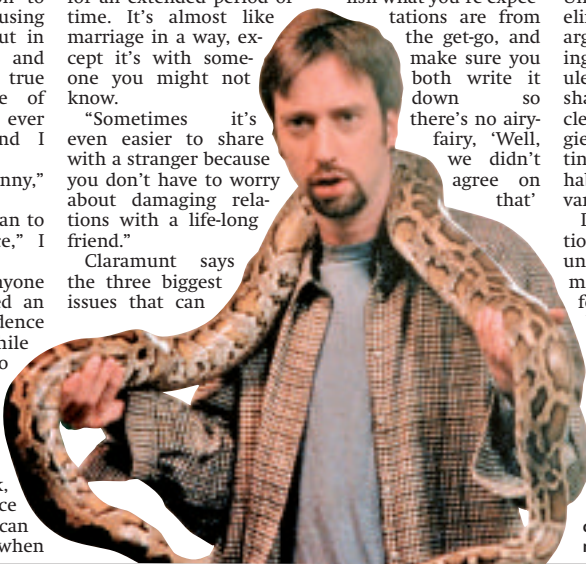
Done everything you can and it's still a nightmare?

Know when to say when: If your situation at home is affecting your studies, you should bail out, which is easier said than done if you've put your name on a lease.

Check with landlord and tenant laws in your area and educate yourself on your rights and responsibilities.

Don't let a bad roommate interfere with your grades.

"Gauge it this way: When it's really bothering your ability to do what you need to do in a day, it's time to move out," Claramunt said.



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Medals awarded to Dawson College shooting "heroes"

On Sept. 19, six individuals will be recognized for their bravery during the 2006 shooting at Dawson College in a ceremony at Rideau Hall. A Dawson security chief, school carpenter, and three Montreal police officers will receive Medals of Bravery for their actions.

METRO NEWS SERVICES

Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Sex on campus

Dalhousie University has announced a new "sexonomics" course: "The Economics of Sex and Love" examines the relationship between economics and marriage, sexual practices, and love — a relationship that has existed for thousands of years.

METRO NEWS SERVICES

A (job) match made in heaven

OddJobs

Diane Peters



Some are born to dance. Others, to run. Elizabeth — call her Betty — MacInnis was born to match.

By the time she decided to become a professional matchmaker about two years ago, she had already helped a few dozen friends and colleagues hook up.

"I've been doing this my whole life," says MacInnis, who was matching back in the schoolyard.

Her inspiration has always been love itself. "I realized early that it's important to be happy by yourself. But to be with someone, that's 10 times better. That's riding up in an air balloon."

But early on, both love and career were not quite euphoric for the Edmontonian. She married at 23 and had her first of two daughters less than a year later. By age 30 she was divorced and returned to the work force.

A decade later, she was married again — happily this time — and ready for passion in her work, too. She went to New York City to take a five-day course at the Matchmaking Institute, formally launched Real Connections, and began



Elizabeth MacInnis knows a good match when she sees one.

networking like mad to both locate clients and find out what men and women wanted in love.

She kept her full-time job that first year and signed on four clients. One of them became smitten with just the second match MacInnis made for her; a guy she'd found at a home show. MacInnis knew her business was going to work.

Then she got fired from her day job. She was briefly

devastated, then admitted she had been shirking her duties and spending her time on her matchmaking business.

So she now devotes all her time to love. For full-service clients, who sign on for either 18 or 24 months, she begins with a meeting in her office and then a lengthy home visit. She takes notes on everything from beliefs to hobbies to family history. If it's a guy

(and in Alberta, there are lots of single guys) who needs help fixing up his place or putting together a decent outfit, she brings in a decorator or image consultant. Then she pairs him with a woman in her database of names, or goes on the prowl for that special someone.

"I have no fear of people. If someone is the CEO of a large company, I don't get intimidated. I look at him and know that at the end of the day, he's single, he still needs love."

And while she relies on her detailed notes and her database to make matches, she mostly uses her uncanny ability to read people to link up soulmates — she's done it more than a dozen times so far. When she gets

The Lowdown

Job title: Matchmaker

Salary: \$200 and up to be listed as a possible match in her database; up to \$2,500 for full client services.

Education/Training: The Matchmaker Institute's training course and the right instincts.

Best Part of the Job: "Interviewing people and finding out about their lives."

Worst Part of the Job: "The accounting. No one told me about that."

the call that a client is in love and doesn't want any more matches: "I get a shiver up my spine. I'm content."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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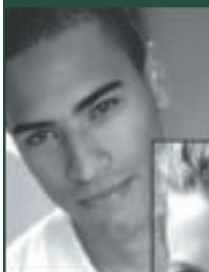
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In the U.S., where many undergraduate universities have long been labelled "colleges," and the terms are more interchangeable than in Canada, there has been growing pressure for institutions to adopt the more "prestigious" label of "university." **METRO NEWS SERVICES**

Keeping you rolling for a buck

Small Business

RAFAEL BRUSILOV
for Metro Canada



Andreas Kotal, 30, and Paul Pelton, 44, are betting their careers on the fact that few people can turn down renting a BMW Mini-Cooper for only a dollar a day.

The two entrepreneurs are the founders of CityFlitz, a new company offering rentals of brand-spanking-new Mini Coopers and Mini Cooper Clubmans emblazoned with advertisements for only \$1 per day.

Based on an already-successful business model from Vienna, Kotal and Pelton have put most of their savings into adapting the idea to strike it gold in the North American market, starting with Canada.

Essentially, the firm of



Andreas Kotal, left, and Paul Pelton have pioneered a new rental car concept in Canada involving cars painted with ads.

fers companies a chance to advertise in a highly visible way while offering consumers a chance to get around town in a snazzy new BMW for just a dollar

per day.

"The cars are branded with advertising to offer an amazing deal for a buck a day. It's really the cheapest way of transportation in the

city," Kotal said.

The cars are rented via an online portal at cityflitz.com. People register on the site for a one-time fee of \$30 and a monthly charge of \$7. After putting down a fully-refundable \$350 deposit and entering their driver's licence information, people with a clean driving record can sign up to reserve cars for 24 hours at a time.

Cars have to be driven a minimum of 30 kilometres daily to maximize advertising exposure and must stay within the city limits of the Greater Toronto Area — so no quick trips down to Niagara Falls or weekend jaunts up to cottage country allowed. And just in case you're thinking about testing those rules, think again: A GPS tracking device is built into each car and monitors your car, notifying CityFlitz if you're straying



Andreas Kotal

"It's really the cheapest way of transportation in the city."

too far.

Yahoo! has already signed on as CityFlitz's first major advertising partner and 10 cars have been wrapped in the well-known Internet company's trademark purple and white colours and spread among five lots in Toronto, all close to the subway. The company also has three cars with Nike ads in Vancouver and hopes to expand to Montreal, Calgary and Halifax soon.

Kotal and Pelton say the hardest part in getting CityFlitz off the ground was finding money to get rolling. Pelton and Kotal approached a myriad of banks and lenders, but not one initially wanted to offer invest-

ment capital. Kotal suggests business culture itself is to blame, as few people want to take the risks that are necessary to garner greater rewards.

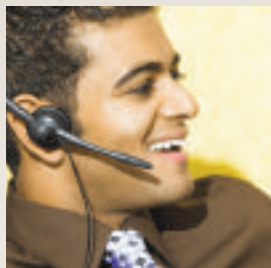
"Unfortunately, there is really a culture of saying, 'No' to start-up businesses — of not supporting business ideas enough to make it happen. It's really an emotional roller-coaster, you have to believe in it," Kotal said.

Believe they did, and now CityFlitz is booming.

"We seem to be growing every month — we could have double or triple the size of the fleet by the end of the year. It's really taking off," Pelton said.

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Labour leaders issue call to arms to workers

Top union leaders are telling workers across the country to become more active in pushing for change as economic conditions worsen and a federal election looms.

In a Labour Day call to arms, union presidents say workers must not only drive harder to force change, but also to protect what they already have from corporate attacks and right-wing government policies.

Their message comes amid rising job losses and a growing gap between rich and poor in Canada. In July, the country lost more than 55,000 jobs. It was the biggest monthly decline in 17 years and economists say the numbers will worsen, particularly in southern Ontario's reeling manufacturing sector.

No party affiliation

• Neither Hargrove nor Georgetti endorsed any party including the NDP, labour's traditional political arm, in their messages.

"The challenge that lies ahead, although seemingly insurmountable, must be seen as an opportunity, a springboard for working people to question the political and economic choices that are being made on their behalf," said Buzz Hargrove, president of the Canadian Auto Workers.

"Workers recognize that when they get together in a union, they can exert far more power than they ever could as individuals ... As working people, we must insist on the refocusing of

our economy in the interests of Canadians — all Canadians."

Analysts say organized labour has become less militant in recent years and has lost some influence in shaping public policy because of the impact of globalization.

Ken Georgetti, president of the Canadian Labour Congress, said his group has spent recent years helping workers "connect the dots" between their issues and where politicians stand on them.

"Imagine what else is possible if more working people did the same thing from now on," Georgetti said in his Labour Day message. "When working people get active in politics, when they elect the right people and the right governments, things change for the better."

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Ontario's bike helmet law for children under age 18 helps save one life every two months, an analysis of cycling deaths that occurred before and since the bill was enacted suggests. The mandatory helmet law came into effect in late 1995. **THE CANADIAN PRESS**

Health

"Quitting brings people back from isolation. Absolutely."

Rosemary Munro, a Toronto addiction counsellor



Sip for a cause

Fifteen cents from every canister of Tetley Inspire Summerberry herbal tea bearing the pink ribbon (\$3.29), left, will be contributed to the Canadian Breast Cancer Foundation.

METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONews.CA

An expert's tips on quitting

Addiction counsellor knows the habit first-hand

Giving up cigarettes is not easy, as addiction counsellor Rosemary Munro can attest to.

She quit many years ago, but was only successful on her third try. She has seen others struggle as well. "Quitting cigarettes from my experience working with addictions is very, very difficult." Her tips

for quitting:

- Spend time psychologically preparing.
- Don't try to quit suddenly.
- Exercise regularly
- Cut down on cravings, especially in the first six weeks, by using some form of nicotine replacement

CELIA MILNE/
FOR METRO CANADA

Love life up in smoke

Bad habit can be harmful to relationships, too: Survey

CELIA MILNE
for Metro Canada

Not only is smoking bad for your health, it's bad for your love life.

A survey recently conducted by Lavalife and Mc-

Neil Consumer Healthcare has found that 47 per cent of singles wouldn't consider dating a smoker. "They don't want to kiss someone with the smell of cigarettes," suggests Rosemary Munro, an addiction counsellor in Toronto.

There are many diseases linked to smoking — cancer, heart disease, stroke, emphysema, impotence, and mouth diseases. Yet for some young people, those health problems may seem too far in the future to be a threat. Perhaps a more immediate risk — loneliness on Friday night — will spur some to quit.

"They may be more apt to consider stopping for that reason than health," says Munro.

The survey asked 6,313 singles if they were likely to date someone who smokes. Single women, in particular (51 per cent) said they wouldn't want to hook up with a smoker. A slightly lower number of men (43 per cent) found smoking too much of an "ick" factor.

Smokers who are already part of a couple shouldn't assume their smoking is acceptable to their partner. They may be getting "the talk" sometime soon from their grossed-out significant other. The survey interviewed 4,694 people who are already dating a smoker. A whopping 81 per cent said they are likely to ask their



ANGELA ROWLING/THE ASSOCIATED PRESS

Forty-seven per cent of singles wouldn't date a smoker, a recent survey by Lavalife and McNeil Consumer Healthcare suggests.

partner to quit smoking. Lavalife is an online dating service. McNeil Consumer Healthcare owns and markets Nicorette gum and lozenges and the Nicoderm patch.

Unlike several decades ago, thanks to public health messages about its dangers, smoking finally has a bad rap socially. "Smokers are really ostracized now," says Munro. "Smoking is a way of isolating oneself. They have to go outside to smoke. They shut themselves away."

Munro helps people over-

come addictions such as smoking, many of which serve to insulate people from friends and family. "Quitting brings people back from isolation. Absolutely," she says.

For some, better health may not be a good enough reason to quit smoking, but getting a hot date is. Either way, the benefits are enormous. "If being more available and attractive is enough to motivate them to quit, isn't that great because they're going to benefit health-wise as well," says Munro.

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ALIVE MAGAZINE

health 35

Don't skip breakfast

Early eating is important for weight loss

CELIA MILNE
for Metro Canada



If your eating pattern was a triangle, would the thick part be in the morning or the evening?

More and more research shows it's better to eat more early in the day and taper off than to start small and ramp up calorie intake later in the day. According to two large Swedish studies, being obese was associated with a meal pattern shifted to later in the day. Bad habits revealed in the study were omitting meals early in the day and eating at night. A key message from these and many other studies: Don't skip breakfast, especially if you are trying to lose weight.

"Breakfast literally 'breaks the fast,'" says Grace Wong, a dietitian in Calgary. "Eating a healthy breakfast gives our body energy to start our day and jump-start our metabolism. Many people choose to skip meals, including breakfast, attempting to reduce caloric intake. This may lead to overeating at lunch or snacking too much in the morning."

Eating a proper breakfast increases our sense of fullness for the rest of the day, cuts down on cravings, and also helps us to obtain important nutrients.

A recent study conducted in the U.S. and Venezuela concluded that this triangle theory (start big and taper off) works: Women who ate the most calories in the morning — 610 calories at breakfast, 395 at lunch and only 235 at dinnertime, for a total of 1,240 calories — lost more weight over the long run than women eating a



A healthy breakfast includes three out of the four food groups listed in Canada's Food Guide.

traditional low-carb, low calorie diet equalling 1,085 calories a day.

Breakfast also helps us think better. "The benefits of breakfast are well-documented in research, particularly the connections between breakfast and learning among students," says Wong.

Studies in children show that eating breakfast helps them maintain attention to tasks in the late morning, improves their memory, and reduces the number of errors they make.

Is it important what we eat for breakfast? A healthy breakfast includes three out

of the four food groups listed in Canada's Food Guide, according to Wong. The groups are: 1) vegetables and fruit; 2) grains; 3) milk and milk alternatives; and 4) meat and meat alternatives. "Balance is the key for any meals of the day, including breakfast," she says. Examples might include eating cereal, milk and fruit or toast, peanut butter and milk. Another example might be tortilla, scrambled eggs and tomato.

Wong often recommends high-fibre grain choices for breakfast because fibre is essential for good health and it keeps us full for longer. "A bowl of old fashioned oatmeal will likely last you through your morning," she says. Even if you have no appetite in the morning, Wong suggests it's better to have a piece of fruit or a glass of milk than nothing at all.

"Eating a healthy breakfast gives our body energy to start our day and jump-start our metabolism."

Grace Wong, a Calgary dietitian

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Do you have a hard time losing weight?	☐	☐
Are you bloated or retaining water?	☐	☐
Mental cloudiness?	☐	☐
Is your skin getting bad?	☐	☐

These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story:

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great — I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled — and the great part is that I didn't have to exercise vigorously for 6 weeks!!"



DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburdened with toxins, our liver suffers and we start seeing the effect on our health. Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds: Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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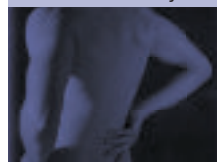
Post-childbirth codeine may harm baby

Some women given codeine after childbirth may be unknowingly putting their infants at risk because their breast milk carries an abnormally high dose of morphine derived from the commonly prescribed painkiller, researchers say. **THE CANADIAN PRESS**

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A firm grip on unreality

HineSight

Anne
Hines



This week, my 18-year-old daughter, Becky, leaves for summer camp. It's a very nice camp. Instead of tents, they have "dormitories." And their first evening campfire activity is called a "keg party."

Some of you may be thinking, "Hmm ... it sounds as if Becky is going to university." If my daughter were going to university, this would mean that, a) I am old, b) she's leaving me and c) I am old. She's going to camp.

It's just possible that I'm in denial. Denial is the fine art of being able to look reality full in the face and say, "No, no, I don't see anything at all."

Denial gets us through Canadian winters by saying, "Well, it can't last forever," when anyone who was in

Calgary this past June knows that it absolutely can. Denial allows my sister, Kathryn, to say, "Vodka is made from potatoes. This martini is my vegetables for the day."

A simple test to know if you're in denial is to ask:

1) Am I happy?

2) Does the world seem a lovely and supportive place?

3) Do I still believe, at 2 a.m., that the piece of Ikea furniture will go together and side A will stand up in slot B, in spite of everything I've ever heard about gravity?

If your answer to any of these questions was, "Yes" or "I think Brad Pitt's waiting until I express interest to leave Angie," chances are, you're in denial.

Some people would say that the way to cope with my daughter leaving is to talk it over with a therapist. If you ask me, the worst time to visit a therapist is

when you're having problems. The first thing they want to do is drag out everything that's upsetting you in the first place.

What we need are denial therapists: Trained professionals who encourage us to get a good firm grip on unreality. Something like this:

You: I'm having a problem with my mother.

Denial Therapist: Forget about it. Have a chocolate chip cookie.

You: I don't know where my life is going.

D.T.: Try cleaning out your closet. Maybe it will go away.

So, Becky is going to camp. I am not old. The Leafs will win the Stanley Cup.

And it's not going to snow until December. No, February. Maybe never. I'm in denial. And life is good.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Bug Du Jour

NUTRITION Heard the new buzz? It's time to start eating bugs. That's right: Edible bugs include cicadas, crickets, ants, grasshoppers, dragonflies (wings removed), ants and even tarantulas.

With the price of food escalating every year and the world running out of land for farming, insects — which are a rich source of protein — can no longer be ignored.

Historically, about half of the world's people, especially in parts of Africa, Asia and Latin America, have eaten bugs, reports National Geographic. Only in Europe and North America are we squeamish about noshing on the crawly critters. But bugs are abundant and nutritious. For instance, a cooked grasshopper is 60 per cent protein and six per cent fat. Bon appetit!

CELIA MILNE/FOR METRO CANADA



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Reubens denies CSI rumour

Actor Paul Reubens has denied reports he will make a return to TV opposite Laurence Fishburne in the hit U.S. show CSI: Crime Scene Investigation.

IMDB.COM

37

Entertainment

Crowe sidekick?

Russell Crowe is set to play Sherlock Holmes' sidekick Dr. Watson in Guy Ritchie's new film. The actor will star opposite Robert Downey Jr. as the fictional sleuth's confidante.

IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Monday at U.S. and Canadian theatres:

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\$14.3 million US
- 2 Babylon A.D.**
\$12 million
- 3 The Dark Knight**
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- 4 The House Bunny**
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- 5 Traitor**
\$10 million
- 6 Death Race**
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- 7 Disaster Movie**
\$6.9 million
- 8 Mamma Mia!**
\$5.8 million

THE ASSOCIATED PRESS

Picking TIFF flicks a long process

It takes film expertise, extensive travel and – maybe most importantly – fresh eyes

STEVE VEALE
for Metro Canada



Just how do you select 312 films from a total of 4,209 cinematic submissions?

If you are the Toronto International Film Festival, you search long and hard for people who are experts in cinematic themes and styles.

"We employ 18 programmers who are knowledgeable in various parts of the world (i.e. films from Spanish-speaking countries), as well as experts in various types of movies," said Cameron Bailey, co-director of TIFF and head of the International Programming Committee.

Festivals often have only a

few people choosing films, which makes for a more narrow selection process.

"Our festival is a little unusual in that we hire individuals who know a specific type or genre," he said. "Some people enter the field of programming through academic fields while others gain their knowledge through practical viewing experience over the years."

Most people know Bailey as the former film critic for NOW magazine. He worked as a festival programmer from 1990 to 1997 and joined TIFF full time in 2005.

Though films are often submitted directly to the festival, "many of our programmers attend the major film festivals and then spend the



Cameron Bailey.

MICHAEL BRUCKNER/WIREIMAGEFOR.TIFF

"We sit in screening rooms all over the world while films are presented to us by the filmmaker, production company or perhaps a film council that has financed the picture."

Programmers quite often watch "rough cuts" of films that haven't yet been completed.

"There may be no sound or musical score," Bailey said, "and every programmer has to use a very active imagination to visualize how this final film will play to an audience of 500 people."

And while everyone has a personal opinion, a programmer must always take public opinion into consideration.

Bailey says all programmers are aware of deals to

year roving around parts of the world, looking for the best selection in their respective fields," said Bailey.

Last year, Bailey visited Johannesburg, Munich, Bombay, London and Paris as part of his programming mandate on the international cinema circuit.

Get TIFF tickets

- Online at tiff08.ca.
- By phone 416-968-FILM (3456), or 1-877-968-FILM (3456).
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make movies long before many of them even start production, and they also keep an eye on various projects throughout the development process.

For those who like math, if 4,209 films were submitted to 18 programmers, each person saw an average of 233 movies last year. Professionally speaking, that is. Who knows how many they saw just for fun?

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Actress Judy Reyes has become the latest *Scrubs* star to quit the hit medical comedy. Reyes, who plays Carla Espinosa, plans to leave the show at the end of its upcoming eighth year. Star Zach Braff is also reportedly set to quit. **IMDb.com**

Buck 65 masters new mic

Halifax rapper takes over afternoon slot on CBC Radio 2

BRYAN BORZYKOWSKI
for Metro Canada



Until two months ago Halifax rapper Buck 65 had never held down a real day job. He'd pay his taxes once a year, wake up when he wanted to and work into the wee hours of the night.

But a new gig hosting a CBC Radio 2 program has

turned this carefree musician into a working stiff.

"Now I say TGIF," says Buck, who's hosting under his real name Richard Terfry. "I forgot what it was like to get paid for something and have taxes taken out right away. When my first cheque came I went to human resources and said I think there's something wrong."

While he quickly found out how getting paid every two weeks works, mastering the microphone in a CBC studio was another matter. For the last couple months, Terfry's been developing his radio voice, testing his show's format and sorting through music to play on air.

"When I first came down here and knew how much

time we had to put a show together and for me to get ready, I thought there was no way I'd be ready. But I started feeling pretty good a couple weeks ago."

The show, called Radio 2 Drive — airing 3 p.m. to 6 p.m. starting today — will be unlike what "anyone's done on the radio before," touts Terfry. The program will focus on the songwrit-



Richard Terfry — a.k.a. Buck 65 — hosts the mid-afternoon program Radio 2 Drive on CBC Radio 2, starting today.

ing aspect of music — how songs get created, the meaning behind words, and whatever else goes along with penning a memorable tune.

"This isn't just a folk music show," he explains. "There's world music, soul music, pop music, some rock stuff — a lot of music you wouldn't label as singer-songwriter."

Besides playing material from artists such as Sam Roberts and French musician Rachid Taha, Terfry will also interview musicians. While he has a team of producers booking guests, Buck has a few connections of his own. "I have put out some calls to have friends come in," he says.

"As we've been practising I've interviewed them so I can learn the ropes."

Although Terfry is now holding down a day job, he's not yet ready to give up his first love — rapping. He's planning a two-week tour of Europe in January and just finished recording a new record.

"There are lots of songs with no choruses," he says. "That's because having a regular paycheck gives me the creative freedom to make adjustments in my career. Not that I ever spent a lot of time thinking about selling a record, but now I don't have to think about that at all. So, yeah, this one's weirder than ever."

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No go

The Hills stars Spencer Pratt and Heidi Montag have shot down reports they're planning to open a bar in New York City. **METRO NEWS SERVICES**



DVD picks

Married Life

Director: **Ira Sachs**
Rating: **PG**

MURDER and adultery are by definition passionate things, steeped as they are in hot-blooded emotion. Yet, darned if Married Life doesn't find a way to drain the fervour out of both.

Writer/director Ira Sachs manages even greater sorcery. He turns four good actors into wooden puppets. Set in 1949 New York, Cooper is Harry, a businessman who desperately wants to leave his wife, Pat (Patricia Clarkson), because she is inter-

ested in sex, not true affection. He plots her murder to spare her the pain of divorce. Harry is in love with the



much younger Kay (McAdams), a blond tootsie who has seen a Jean Harlow movie or three. Pierce Brosnan is Harry's pal Richard, whose loyalty is tested when Kay bats her eyebrows in his direction.

It's strange how a movie

with this many different things happening could be so dull. The pacing is positively funereal.

The DVD extras offer some intrigue the movie is missing. Besides Sachs' commentary track, there are no fewer than three alternate endings, which

makes Married Life a bit like playing Clue — which, come to think of it, is just like real matrimony.

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Aniston heading for 30 Rock

Jennifer Aniston will guest star on an episode of 30 Rock this season, her publicist said. It will be the actress's first appearance on an NBC sitcom since Friends went off the air in 2004. **PEOPLE.COM**

British law as television this fall

IntelleVision



rick.mcginis@metronews.ca

DOWN BY LAW: The fall TV season is lumbering off the blocks, with dozens of new shows premiering in the weeks to come, alongside returning series. Keeping up will be hard, and I'll try to preview some of the more interesting shows

coming out, but the truth is the most interesting shows are on cable and specialty channels — a state of affairs that's become more and more undeniable with every year I've written about television.

While he's probably most

famous for playing Baldric on the British comedy series Blackadder, documentary TV buffs will recognize the puckish Tony Robinson from his role as host of Time Team, the archaeology series that's been in production for almost 15 years

in the U.K., and various spin-off shows such as The Worst Jobs In History and as narrator on the reality/documentary series Airline. He's the host of a new show, Tony's Law, premiering tonight on History Television, an intriguing four-part series that looks at the evolution of the British laws that should be of interest to Canadians inasmuch as they form the basis for our own legal system.

Robinson provides the same droll, digressive persona that gave Worst Jobs its tone, with a tad more gravitas in keeping with the subject at hand, though Robinson is fond of dressing up in bits of period costume and reciting speeches on London street corners. At least one episode, though, is startlingly topical, given the spectre of terrorism and debates going on in this country right now, and Robinson traces the evolution of free speech, a pillar of enlightened civil society, back to Sir Thomas More and the tyranny of Henry VIII, through the Gunpowder Plot and the beheading of Charles I and the Glorious

Revolution.

Robinson drolly points out that it would be 300 years between Charles' trial and execution, and the next time a British royal would be taken to court was a 2002 trial where Princess Anne paid £1,000 after one of her dogs bit two children at Windsor. English history, it's hard not to note with envy, is full of bursting with great stories.

It's also hard to believe that Canada has been largely unable to produce cheap, cheerful, informative shows like Tony's Law in quantity for the CBC and our variety of cable, specialty and educational channels. Self-denigrating myths to the contrary, we don't lack the history, and we certainly don't suffer from a shortage of experts. With the exception of Jeff "I Am Canadian" Douglas, though, it's hard to name any actor, journalist or public figure eager to moonlight as the public face of such a show, which might be the problem.

Rick McGinnis writes about music, movies, books and television, but not opera.

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/2/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin	No Tears	The Autism Puzzle	Agenda-Paikin		
	211	331	3	ETV	ET Canada	Entertainment	90210 "We're Not in Kansas Anymore; The Jet Set" (N)	Big Brother 10 (N)	Big Brother 10 (N)	News (N)		
	215	343	4	OMNI	Two/Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Laughs	Rick Mercer	The Tudors (DVS)	CBC News: The National	The Hour		
	214	344	7	CITY	Law & Order: SVU		Rain Man **** (1988, Comedy-Drama) Dustin Hoffman, Tom Cruise, Valeria Golino	Without a Trace				
	212	313	8	CTV	eTalk	Hollywood	Canadian Idol	The Hills	Law & Order: SVU	News (N)		
	218	345	11	EL	The Insider (N)	EL News	Real Housewives of OC	Simple Life	Kardashians	Pam: On Loose	Sunset Tan	News (N)
	137	763	13	TFO	Panorama 4e	Les Éclaireurs	Tourments	Histoires oub.	Hélas pour moi (1992, Drama), Bernard Verly	Jardins		Geographic
	-	-	14	-	Cold Case "Family"		News (N)	News (N)	2Half Men	King		Cold Case
	213	326	15	SUN	Becker	George Lopez	Bulworth *** (1998, Comedy-Drama) Warren Beatty	NCIS "Judgment Day"	Big Brother 10 (N)	To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	America's Got Talent (Live)	Wipeout	(9:02) Wanna Bet? (N)	Republican Convention	News	News (N)
	-	385	17	NBC	The Insider (N)	Entertainment				Republican Convention	News	
	-	386	18	ABC	Wheel-Fortune	Jeopardy!				Republican Convention	News	
	219	346	20	ACH-B	Robson Arms	TMZ (N)	America's Got Talent (Live)			Wanna Bet? (N)	News	
	-	-	28	FOX	Judge Judy	Two/Half Men	House "House's Head; Wilson's Heart" (HDTV PA)			Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Republican National Convention (HDTV) Coverage of the proceedings. (Live)			CW11 News at Ten		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "We're Not in Kansas Anymore; The Jet Set" (N)			Fraser	Fraser	Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil	WBZ News (N)	Jeopardy!	Fraser	Fraser	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Two/Half Men	Two/Half Men	90210 (N)
	502	390	26	NW	CBC News	Politics	The Hour	CBC News: The National	Prince of Pot-US vs Emery	National		
	500	500	33	CNN	(6) Republican National Convention	Coverage of the Republican National Convention						
	509	504	79	CNB	Kudlow & Company		On the Money	The Business of Innovation	The Big Idea With Deutsch	Mad Money		
	405	417	22	net	MLB Baseball Minnesota Twins at Toronto Blue Jays. From Rogers Centre in Toronto. (Live)				Sportsnet Connected	Sportsnet Con.		
	400	400	30	TSN	U.S. Open Tennis Men's Fourth Round and Women's Quarterfinals. (HDTV) (Live)					Sportsnet Connected		SportsCentre
	411	457	58	OLN	Ed's Up	Videos	Survivorman	Angry Planet	Surf Patrol	Don't Forget Your Passport	Pilot Guides	
	417	406	81	SC	Pinks (HDTV)	Pass Time	Unique Whips	Low Life	SuperCars	Super Bikes!	Pinks (HDTV)	
	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show	Sixteen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Cory in House	Zack & Cody
	602	567	27	W	Will & Grace	Friends	Coleen's Real Women	Style by Jury	Style by Jury	How to Look Good Naked (N)	Mixed Out	Greek
	570	580	29	MM	Greek		Born to Be	Gone Wild	disBand	Technical Diff.	Video on Trial	Video on Trial
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)			The Cleaner (HDTV) (N)	The Cleaner	
	700	800	35	TLN	Centovetrine	Sky TG 24	Series A	Magnifica Italia	48 Ore	Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	MuchMoreMusicBio		Listed	Rock the Cradle	Party of Five	
	575	583	38	CMT	Canada Countdown		Top 20 Steamiest Video		Reba	Hope & Faith	Home Improve.	CMT30
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	House "Euphoria"	House	
	620	523	40	BVO	Bazart	Bravo/Videos	A Mighty Wind *** (2003, Comedy)		Bravonews	Live at the Rehearsal Hall	Law & Order	
	601	562	41	SLC	End of Leash	ET Canada	Newlywed	In Laws	Rich Bride, Poor Bride	Plastic-Perfect	Matchmaker	Newlywed
	522	506	43	HIS	NCIS "Shalom"		The Worst Jobs In History		Tony's Law British law.	NCIS "Shalom"	Crime Stories	
	625	548	44	COM	Air Force	Just for Laughs	Dirty Business	Outside	Corner Gas	Comedy Inc.	Jon Dore Show	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist	The Stagers	Jon Dore Show	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	Above the Rim *** (1994, Drama) Duane Martin, Leon.			Fraser	Fraser	Seinfeld
	576	582	49	BET	106 & Park	Hill Date	Ride *** (1998, Comedy) Malik Yoba, John Witherspoon.			Comic View	Comic View	Ride ***
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager	Trekies 2 *** (2004, Documentary)		From G's to Gents (N)	MTV Live	Stargate SG-1
	581	566	52	MTV	Busted	After	Canada's Next Top Model	Making the Band 4 (N)		Seinfeld	King	Family Guy
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	King	Family Guy
	603	561	56	FOOD	Grill It-Play	Licence to Grill	Restaurant Makeover	HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap	Agatha *** (1979, Romance)		
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	To Be Announced	The Tonight Show-Jay Leno	eTalk	
	553	546	65	TRE	Ni Hao, Kai-lan	Night Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie
	115	711	101	TVA	Km/h (SC)	Videos	Histoires-filles	Caméra café	La Promesse (SC)	TVA 22 heures	Sucré-salé	Las Vegas
	126	730	102	RDI	RDI en direct sur l'actualité		Grands reportages (SC)		La Téléjournal (SC)	Elections prés	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		True Murder	True Murder	Missing Link	Mysterious Ways	Judging Amy	
	300	601	301	M1	(7:15) The Messengers *** (2007, Horror)				30 Days of Night *** (2007, Horror) Josh Hartnett.			Gabriel
	305	612	306	PIX	Murder-Decree	Pitch *** (1997, Documentary) Premiere.			Cecil B. Demented (2000, Comedy-Drama)		(10:40) Myra Breckinridge	

critics'corner—

A Mighty Wind

Writer-director Christopher Guest applies the humorous approach that was successful for him in "Best in Show" and "Waiting for Guffman" to this equally sly 2003 comedy about the folk-music world. A promoter's death unites three of the groups he represented, but not all of the members are eager to take part in a tribute concert. Guest stars include ex-"Spinal Tap"-mates Michael McKean and Harry Shearer, as well as Parker Posey. 8 PM on BVO



Cecil B. Demented

John Waters can always be counted on to make movies that are a little, well, different. This 2000 comedy stars Stephen Dorff as the leader of a rebel cult out to bring down the movie business. The group kidnaps a Hollywood star (Melanie Griffith) and forces her to appear in its own movie, a statement against the feel-good fluff being churned out by the industry. Waters movie veterans Ricki Lake and Patricia Heast — yes, that Patricia Heast — also star. 9 PM on PIX

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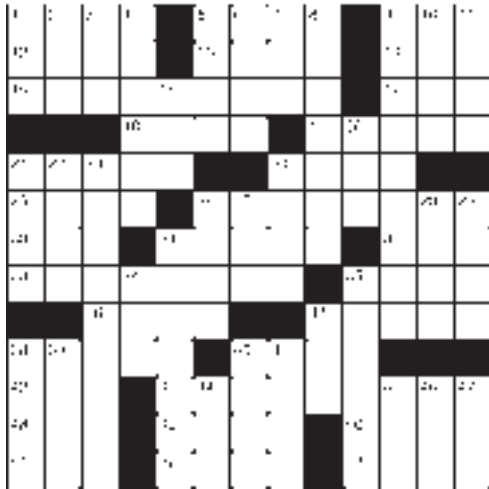
This bloke is broke

Guy Ritchie has branded rumours he and wife Madonna are set to renew their wedding vows as "rubbish" because he spent too much money on her 50th birthday celebrations on Aug. 16.

IMDB.COM



Take Five



Crossword down

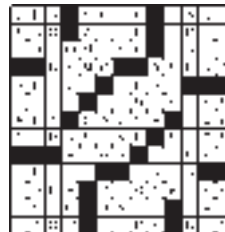
- 1 Plagiarize
- 2 Tackle the slopes
- 3 — rose
- 4 Pirate-costume feature
- 5 Small barrels
- 6 In good order
- 7 Shade source
- 8 Shoelaces go through them
- 9 City of India
- 10 Notion
- 11 Cereal container
- 16 "Days of — Lives"
- 20 Ostrich's cousin
- 21 Raced
- 22 Lotion additive
- 23 One-story houses
- 24 Highway division
- 26 Actress Ward
- 27 Chum
- 28 Tennis situation
- 29 Membership
- 31 Late-spring beetle
- 34 Response (Abbr.)
- 35 Battery terminals
- 37 See 41-Down
- 38 Basketball team
- 39 Tiny particle
- 40 "Bus Stop" playwright
- 41 With 37-Down, way back when
- 44 Raw rock
- 45 Regret
- 46 Samovar
- 47 Witticism

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Crossword across

- 1 Answer an invite
- 5 Dangling locale
- 9 Clothing protector
- 12 Tom Joad, e.g.
- 13 Slithery
- 14 Big fuss
- 15 Its participants must form a line
- 17 Fresh
- 18 A deadly sin
- 19 Within the rules
- 21 Cavalry sword
- 24 Golf legend Tony
- 25 Advertise
- 26 Burger flippers
- 30 A billion years
- 31 Casual pants
- 32 Keatsian poem
- 33 Paris airport, familiarly
- 35 Met melody
- 36 King of Siam's employee
- 37 Concerning
- 38 Untrue
- 40 Othello's foe
- 42 Judge Lance
- 43 It was beat by beatniks
- 48 Solemn promise
- 49 Incite
- 50 Modern-day money
- 51 Type squares
- 52 The Bee —
- 53 Faxed

previous day's answer



Horoscopes

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ARIES

MARCH 21-APRIL 20

People are using you as a resource person. Speak up if you're unfairly accused of malicious intent. A different financial cycle begins.

TAURUS

APRIL 21-MAY 21

Thrills abound when somebody shares long-withheld information. Find a way to take an afternoon nap. Accusations of laziness will get around.

GEMINI

MAY 22-JUNE 21

Don't alienate everyone you know. There's an abundance of energy in the air. Anxiety melts away after noon, so don't let it ruin your morning.

CANCER

JUNE 22-JULY 22

An apparent desertion is really an attempt to be kind. Spending time on an emotional saw tires you. Idle chatter produces feelings of goodwill.

LEO

JULY 23-AUG 23

A friend settles one debt by initiating another. Someone calls to give a compliment. Parental units are craving a visit.

VIRGO

AUG 24-SEPT 22

An attractive person's sweet smile creates a jolly ambience. Someone must be told the terrible truth. Take a walk on the wild side.

LIBRA

SEPT 23-OCT 23

There's lots of moving and shaking going on. You've grown tired of a nonsensical situation. The tide will turn for the better this evening.

SCORPIO

OCT 24-NOV 22

Take special care while travelling. Personal objects are not where they should be. Sharing a secret about your dreams gets you nowhere.

SAGITTARIUS

NOV 23-DEC 21

Your social status will rise. Ask for crucial decisions to be made by others. You'll remember what you need once you get somewhere.

CAPRICORN

DEC 22-JAN 20

A man is in a much better mood and will listen to you. Don't trust machinery to work properly. Watch your language and avoid temper tantrums.

AQUARIUS

JAN 21-FEB 18

A win-win situation develops. Plan to get a complete personal makeover. Take a walk to refresh your powers of observation.

PISCES

FEB 19-MARCH 20

Shun those who offer unconvincing arguments for bad conduct. Keep your eyes peeled for good stuff. Purchase new bedding and a winter coat.

Sudoku

3				6	5	7	
	5			1	4	2	
6			7				9
			2			9	7
		4			1		
7	2			8			
4				5			3
	7	3		6		4	
	8	9	2				1

previous day's answer

9	8	1	3	6	4	2	5	7
4	6	5	2	1	7	8	9	3
3	2	7	8	9	5	1	6	4
5	7	8	6	2	3	9	4	1
1	3	2	4	7	9	5	8	6
6	9	4	5	8	1	3	7	2
8	5	3	7	4	2	6	1	9
7	1	6	9	3	8	4	2	5
2	4	9	1	5	6	7	3	8

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13..... Genius
13-17..... Scholar

17-21..... Smart
21-25..... Not bad
25+..... Keep practising
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Afternoon



Sunny.
27°

Tonight



Clear.
18°

Wednesday



Sunny.
29° / 18°

Thursday



Showers.
22° / 17°

Friday



Showers.
21° / 18°

Temperature Normals
High: 24.1°
Low: 12.5°

Records
High: 36.7°/1953
Low: 4.4°/1946

Sunrise: 6:43 a.m.
Sunset: 7:51 p.m.
Moonrise: 9:52 a.m.
Moonset: 8:47 p.m.

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Celebrity Buzz



GETTY IMAGES PHOTOS

Lindsay after Olympic star

PEOPLE Lindsay Lohan has reportedly been pleading with Olympic swimmer Michael Phelps for a date, imdb.com reports.

The actress is said to have been bombarded with calls and text messages asking him to take her out.

His cool response hasn't put her off because the more he ignores her, the harder she tries.

"At first he thought it was a joke when she got in touch. But she's since been phoning and texting constantly," a source tells Britain's Daily Mirror. "It's become a running joke in his camp. Lindsay has been trying to meet up with him. They're both going to the MTV Video Music Awards next month so they'll be sure to see each other properly then. Phelps is certainly flattered by all the atten-

tion but it's not clear how seriously he's taking it all." According to People magazine, however, Phelps is enjoying single life.

"I don't feel any different," he says, 14 Olympic medals later. "I'm just having fun with this."

Rumours had Phelps dating Nicole Johnson, a former Miss California USA runner-up.

"I never said I have a girlfriend, and I never said I don't have a girlfriend," Phelps tells People. "My public and private life are separate. I keep my private life to myself."

Johnson tells reporters she and Phelps are "good friends."

METRO NEWS SERVICES

David opens up about sex

PEOPLE David Duchovny has never been one to shy away from the topic of sex in interviews over the years, People.com reports.

But the actor, who has now entered a rehabilitation centre for sex addiction, was always quick to add that his marriage to actress Téa Leoni was a pretty good reason to keep his libido in check.

"Twelve years ago, I would have been hard-

pressed to understand why I'd want to be involved sexually with one person this long," the X-Files and Californication actor told Best Life magazine earlier this year.

"Before Téa, the longest my intense sexual interest would last would be maybe two years," he said. "But the real rewards of a relationship come after you've been together a while. That's where Téa and I are lucky."

METRO NEWS SERVICES

celebrity brief

Beau didn't buy Naomi house

COUPLES Supermodel Naomi Campbell has denied reports she accepted an expensive gift from boyfriend Vladimir Doronin — a new home in Brazil, imdb.com reports.

The catwalk star also insisted she doesn't allow men to buy her presents.

"If I want to buy a house, I'll buy my own," she says. "I don't need a man for that."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So David Duchovny is in a rehab centre for sex addiction. In other news, the television series Californication, in which he plays a writer struggling with his compulsive desire to bed women, is just about to debut its second season. Coincidence? I wonder.

Remember when actors simply did the talk-show circuit to hype their projects? Now, it appears that some public relations genius heard about the method acting technique and decided to apply it, in reverse, to publicize shows.

My spidey senses first tingled when wealthy manchild actor Owen Wilson allegedly attempted suicide just prior to the release of The Darjeeling Limited, in which he played a wealthy but suicidally-depressed manchild. I maintain the only thing Wilson attempted was publicity. But let's face it, the play wouldn't work unless the reality-TV genre, part of the ongoing dumbing-down of society at large, hadn't successfully eroded the ability of the general public to realize IT'S ONLY MAKE BELIEVE!

The debate rages. Is this just a cynical ploy to get people talking about Californication, or has Duchovny really got a problem? Only his wife Téa Leoni, and perhaps a couple hundred groupies, know for sure.

NEWSDESK@METRONWS.CA

celebrity brief

James ties the knot

COUPLES James Gandolfini and fiancée Deborah Lin tied the knot Saturday in her hometown of Honolulu, Hawaii, People.com reports.

"There was a nice big kiss at the end with both hands on the cheeks" as The Sopranos star and Lin officially became husband and wife, the guest tells People. "They looked great."

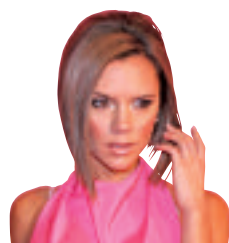
As a group of their closest friends and family looked on, Gandolfini, 46, and Lin, a former model, 40, exchanged their vows in an intimate ceremony surrounded by white lilies and rhododendrons adorning every pew at the Central Union

Church. According to the guest, Lin strolled down the aisle in a white gown made of Italian lace while her tuxedoed groom stood waiting as a harpist played the Hawaiian Wedding Song in the background.

Gandolfini's son Michael, 8, from his first marriage to Marcy Wudarsk (which ended in 2002), served as best man.

Following the 20-minute nuptials, the newlyweds stepped into a white stretch limousine bound for the evening reception at a nearby resort.

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Too busy for baby: Victoria

PEOPLE Victoria Beckham has laughed off reports that she is eager for a fourth child because she is far too busy looking after her three sons, imdb.com reports.

The singer has spoken about her desire for a new baby in the past, but insists now is not the right time to add to her brood with soccer ace husband David.

"I can't even think about having another baby right now. The boys take up so much of my time," she says.

"Life is busy in Los Angeles."

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celebrity brief

Ashlee blasts weighty story

PEOPLE Pregnant singer Ashlee Simpson has hit out at reports she is desperate to lose her baby weight, femalefirst.co.uk reports.

In a posting on her MySpace blog, Simpson writes: "My weight and my pant size are the absolute last thing I am concerned about. I am only concerned with having a healthy pregnancy and a healthy baby."

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celebrity brief

Sienna shuns bodyguards

PEOPLE Actress Sienna Miller shrugs off bodyguards and limousines because she likes to pretend she isn't famous, imdb.com reports.

"When I'm not working, I want to be myself," she says. "I don't have assistants, bodyguards or even a driver because I try to pretend in my own head that this isn't happening."

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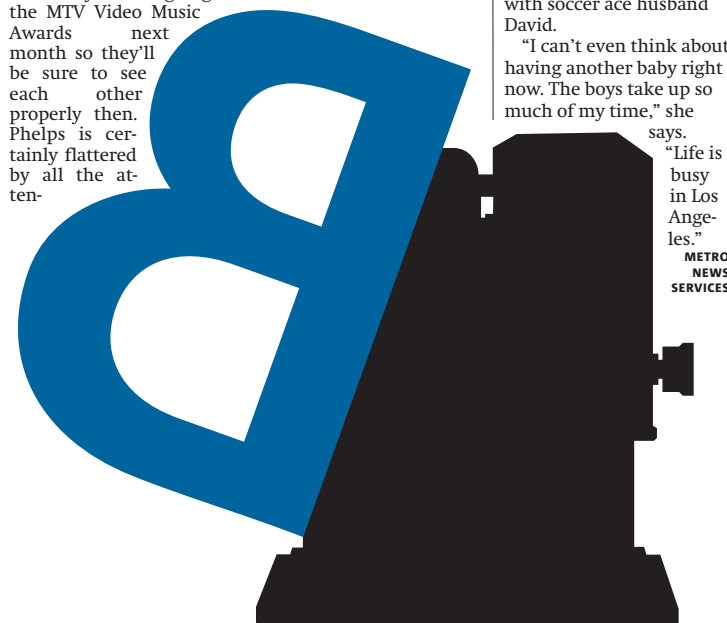
celebrity brief

Mark-Paul ready for book

PEOPLE Mark-Paul Gosselaar is looking forward to his former Saved by the Bell co-star Dustin Diamond's upcoming book Behind the Bell, usmagazine.com reports.

"I can't wait!" Gosselaar said. "Was I in a club at 16, smoking cigarettes, taking a drink from people? Yeah I was! I did the thing that normal kids do."

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